

El fenómeno internacional de la autoayuda

NO **ME MALTRATES**

**Cómo detener y poner límites al
maltrato verbal**

BERNARDO STAMATEAS



No Me Maltrates Bernardo Stamateas

Jesús María Silva Castignani



No Me Maltrates Bernardo Stamateas:

No me maltrates Bernardo Stamateas, 2014-07-31 En este libro Stamateas muestra cómo las formas más naturalizadas del maltrato una violencia sin moretones dejan a diario un residuo que nos hace dañar. Tratar mal a otros y ser maltratado no nos hace bien nos enferma nos vuelve tóxicos. Con la maestría y conocimiento ya conocidos Stamateas describe clases de maltrato y las técnicas para combatirlas en uno mismo y en los demás. Vivimos en una sociedad compleja y en muchos sentidos cada vez más hostil. Desde los primeros años en la escuela se ven casos de hostigamiento entre pares maltrato de padres a maestros maestros a alumnos en la vida cotidiana nos enfrentamos a diversas situaciones hostiles desagradables que nos hacen dañar pero que terminamos de tomar como parte de una forma de ser intolerantes groseros impacientes impulsivos de mal carácter. En todos los ámbitos en los que nos desarrollamos el maltrato está creciendo la forma de tratarnos y de relacionarnos unos con otros es cada vez más agresiva e impulsiva. Por eso todos necesitamos aprender a expresar de una manera positiva la frustración el enojo la ira la impulsividad que por diversos motivos aún no han sido sanados en nuestro interior. Si bien el maltrato que una persona produce o recibe no se resuelve con solo leer un libro sino buscando ayuda profesional hay herramientas que pueden ser útiles para encarar el tema. Las técnicas que describo en este libro son técnicas asertivas conocidas en todo el mundo puestas en práctica porque funcionan. Nos sanamos hablando y cuando en nuestro interior hay un verdadero deseo de relacionarnos mejor con nuestros seres queridos nuestro entorno y nosotros mismos. Bernardo Stamateas **No me**

maltrates / Don't Abuse Me Bernardo Stamateas, 2019-12-17 Un fenómeno internacional de la autoayuda en **No me maltrates** el autor nos muestra cómo podemos detener y poner límites al maltrato verbal. En todos los ámbitos en los que nos desarrollamos el maltrato está creciendo la forma de tratarnos y de relacionarnos unos con otros es cada vez más agresiva e impulsiva. Por eso todos necesitamos aprender a expresar de una manera positiva la frustración el enojo la ira la impulsividad que por diversos motivos aún no han sido sanados en nuestro interior. Si bien el maltrato que una persona produce o recibe no se resuelve con solo leer un libro sino buscando ayuda profesional hay herramientas que pueden ser útiles para encarar el tema. Las técnicas que describo en este libro son técnicas asertivas conocidas en todo el mundo puestas en práctica porque funcionan. Nos sanamos hablando y cuando en nuestro interior hay un verdadero deseo de relacionarnos mejor con nuestros seres queridos nuestro entorno y nosotros mismos. Una persona que muestra empatía por los demás y sabe relacionarse con el mundo está más cerca de hacer realidad cada uno de los sueños que se ha propuesto alcanzar. Espero que seas una de ellas. Bernardo Stamateas **ENGLISH DESCRIPTION** In every relationship you may find people who mistreat you. Not only can hurt you with a physical punch but verbal abuse can throw a punch that doesn't leave bruises on your body but leaves emotional and spiritual marks. Eventually you see that something is going wrong. You feel uncomfortable loss of energy and then the verbal abuser knows that words have power. **Soluciones prácticas** Bernardo Stamateas, 2018-12-01 El nuevo libro del

best seller mundial de la autoayuda. A través de ejercicios sencillos ejemplos testimonios y estrategias efectivas Stamateas nos

invita a darle un giro a nuestra vida para vencer esos obstáculos recurrentes y descubrir los talentos ocultos que todos poseemos y que son indispensables para iniciar el camino del éxito y la superación personal. La pregunta que surge frente a un problema es siempre la misma: ¿Cómo lo resuelvo? Las personas experimentamos innumerables situaciones: Miedos y pensamientos catastróficos, Pérdidas dolorosas, Falta de motivación, Conflictos de pareja, Dificultad para tomar decisiones, Incapacidad para poner límites, Baja autoestima. En este libro encontrarás treinta llaves maestras que podrás implementar ante los distintos problemas que tengas que enfrentar. Cada ejercicio es una solución práctica altamente eficaz y fácil de aplicar. Tienes dentro de vos una caja de recursos internos extraordinarios para seguir creciendo hasta alcanzar tus sueños. Estas treinta soluciones prácticas potenciarán tus fortalezas para iniciar el éxito y la superación personal. Algunas de las llaves maestras son: Construir válvulas de escape saludables, Si funciona seguir haciéndolo, si no funciona hacer algo diferente, Pararse en la acción, Mezclar, Hacer un poco más de lo que nos hace bien, un poco menos de lo que nos hace mal, Escribir un diario personal de victorias, Soluciones prácticas es una guía indispensable para trabajar la autotransformación, apreciar nuestro potencial y valorar la vida en toda su dimensión.

Liderazgo exitoso Bernardo Stamateas, 2021-02-01. En *Liderazgo exitoso* Bernardo Stamateas presenta todos los conceptos esenciales y los puntos clave sobre el liderazgo para que puedas comprenderlos fácilmente. Además propone una autoevaluación que te ayudará a prepararte para una posición de liderazgo. Para muchos, ser líder es un don, una habilidad con la que algunos nacen y otros no. Parece que fuera natural, pero a ser líder también se aprende. Porque todos de una u otra manera ejercemos influencia en algún ámbito de nuestra vida. No se trata de títulos ni de poder. Se trata de encontrar en nosotros el potencial para serlo. En este nuevo libro Bernardo Stamateas presenta los principios y las herramientas prácticas para ayudar a superar la adversidad y mejorar la comunicación, el compromiso y el rendimiento. Qui hace un líder: Administra el poder que le da la gente, Tiene autoridad y dardenes, Aprende y enseña con eficacia, Arma equipos y maneja grupos. **Liderazgo exitoso** marcar un antes y un después en tu vida. Te enseñará a liberar tu máximo potencial y a llevar grandes resultados a tu gente.

Emociones nutritivas Bernardo Stamateas, 2022-12-01. En este nuevo libro Bernardo Stamateas, autor del exitoso *Emociones tóxicas*, nos muestra la importancia de procesar las emociones de manera saludable y describe los efectos terapéuticos del asombro, el valor, de la esperanza, la fuerza transformadora de la alegría y la capacidad de amar. Nuestra vida emocional es amplia, diversa y muy rica a lo largo de nuestra existencia. Pero si de manera constante y prolongada estamos sometidos solo a emociones negativas, pronto veremos cómo se deteriora nuestro bienestar. Por el contrario, las emociones nutritivas mejoran nuestros vínculos, nuestra salud física y nuestras habilidades cognitivas, además de aportarnos soluciones creativas. Son amplificadoras de nuestra capacidad de pensar y de accionar. También nos preparan para los tiempos adversos con recursos de sostén para enfrentarlos. En este nuevo libro Bernardo Stamateas nos presenta las emociones que te ayudarán a transformar tu vida: El amor, El optimismo, La confianza, La fe, El entusiasmo, El asombro, El placer, La tranquilidad, La alegría, El estado flow, La serenidad. **Emociones nutritivas** te mostrarán el

poder de una actitud positiva y te ensear c mo recurrir a ellas para alcanzar tus sue os m s grandes **Dolor que fortalece**

Bernardo Stamateas,2019-12-01 En este nuevo libro Bernardo Stamateas nos propone convertir el dolor en el catalizador del cambio que queremos en nuestras vidas usarlo en lugar de dejar que nos destruya y as alcanzar el bienestar Inexorable el dolor se presenta en alg n momento de la vida y nos arrasa con la contundencia de un hurac n La muerte de un ser querido una separaci n las enfermedades los problemas econ micos son todas circunstancias que generan sufrimiento De qu manera atravesamos esos momentos dif ciles Negamos los sentimientos y seguimos adelante sin detenernos a pensar O nos hundimos en el padecimiento tan profundamente que pareciera que no existe nada m s En este libro Bernardo Stamateas propone pautas para aprender a gestionar el dolor y convertirlo en una oportunidad de crecimiento y transformaci n personal Con el tono ntimo y cercano que ya es su sello el autor nos invita a mirar el dolor a la cara reconocerlo descubrir sus distintas formas e intensidades as como los contextos en los que aparece para asumir una actitud consciente y activa frente a l A trav s de consejos frases motivadoras y ejemplos que propician la reflexi n la propuesta es poner en juego lo mejor de nosotros mismos para convertir las dificultades en una instancia de libertad y autoafirmaci n **Gente nutritiva** Bernardo Stamateas,2021-12-01 C mo reconocer y atraer a la gente nutritiva a nuestra vida C mo convertirnos en una de ellas C mo tener v nculos m s sanos y una vida m s plena Bernardo Stamateas referente de la autoayuda contesta estas preguntas con lenguaje claro y ameno Sus consejos nos ayudan a mejorar nuestras relaciones as como tambi n conectar a un nivel m s profundo con amigos y familiares Todos los seres humanos nacemos preparados para conectarnos con los dem s El v nculo con el otro es fundamental porque somos seres gregarios Necesitamos de la gente Seguramente recordar s a ese amigo ese abuelo o ese maestro cuyas acciones o palabras te llenaron de alegr a La gente nutritiva nos motiva nos alienta nos ayuda a ser mejores porque despliega actitudes que nos hacen bien En este nuevo libro Bernardo Stamateas presenta las caracter sticas de esas personas que nos sanan con sus actitudes nos producen alegr a nos traen plenitud y nos nivelan hacia arriba Qu distingue a una persona nutritiva Es emp tica Vive un apego seguro Tiene una actitud esperanzadora Expresa su alegr a en el encuentro Considera su propio deseo y el del otro Es congruente entre lo que piensa siente y dice Acepta al otro tal cual es Genera sinton a emocional Identifica las fortalezas propias y ajenas Gente nutritiva es un punto de inflexi n en tu vida Te ayudar a alcanzar tu mejor versi n y tener v nculos m s significativos repletos de respeto alegr a y amor **Te amarás a ti mismo como Dios te ama** Jesús María Silva Castignani,2019-11-10 Todos hemos sido heridos de un modo u otro en el amor Las heridas que provienen de la carencia el exceso o la volubilidad del amor nos llevan a tener dificultades para amarnos a nosotros mismos y a los dem s En estas p ginas el padre Jes s M Silva Castignani habla de c mo descubrir la fuente del amor a s mismo la autoestima desde una perspectiva te rico pr ctica y psicoespiritual Propone una visi n integral del hombre que tiene presentes todas sus facetas y anima a trabajarlas en conjunto partiendo de una gran verdad necesitamos ser amados incondicionalmente por ser quienes somos por ser como somos El nico que nos ama as es Dios que se complace en ti y en m y

que quiso morir en la cruz para que pudiéramos ser felices con él para siempre Desde esa certeza podemos aprender a superar nuestras dependencias heridas emocionales y compensaciones afectivas para vivir integrados siendo capaces de amarnos sanamente a nosotros mismos y a los demás y transformando así el mundo por amor **No me maltrates** Bernardo Stamateas, 2012 *¡Puedo superarme!* Bernardo Stamateas, 2014-05-15 Cuando miramos hacia atrás vemos lo que ha sucedido vemos las pérdidas cuando miramos hacia adelante vemos las oportunidades De eso se trata este libro de mirar hacia atrás y construir hacia adelante de salir de nuestra zona de estancamiento de salir de nuestra zona de confort y saber que todos podemos crecer Hay dos momentos clave en los que podemos detenernos después de una derrota o después de una victoria Si nos toca vivir una derrota es momento de perseverar Y si estamos atravesando un triunfo tenemos que celebrarlo pero teniendo presente que uno de los grandes premios que trae un triunfo es la oportunidad de ir por más Como se alude en este libro Bernardo Stamateas Recuerda que hay una nueva cima esperando que tú la alcances No hay estación terminal salvo que tú lo decidas Celebra tu triunfo de hoy disfrútalo pero recuerda que hay más por conquistar Muchas veces nos sucede que mientras queremos alcanzar una meta quedamos detenidos en una zona de confort atascados a mitad de camino Esa situación nos ofrece una alternativa y una posibilidad de decidir podemos quedarnos allí y no avanzar o dar un paso adelante y seguir creciendo Las personas que persiguen un sueño saben disfrutar de sus logros Y a la vez saben que siempre hay una nueva cima esperándolas Saben que merecen alcanzarla y accionan con toda su pasión Saben que pueden superarse y siguen adelante enfocadas en sus metas

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