



Vive por Encima de tus Sentimientos: Controla tus Emociones para que ellas no te Controlen a ti (Spanish Edition)

Joyce Meyer

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Aunque los sentimientos pueden ser muy fuertes y exigentes, no tenemos que permitirles que gobiernen nuestras vidas. Podemos aprender a manejar nuestras emociones en lugar de permitir que ellas nos manejen a nosotros. Si tenemos que esperar a ver cómo nos sentimos antes de saber que podemos disfrutar del día, entonces estamos dando a los sentimientos control sobre nosotros. Pero afortunadamente, tenemos libre albedrío y podemos tomar decisiones que no están basadas en los sentimientos. Si estamos dispuestos a tomar decisiones correctas independientemente de cómo nos sintamos, Dios siempre será fiel para darnos la fuerza para hacerlo.

Si estás preparado para dominar tus emociones, este libro es para ti. Creo que podré ayudarte a entender algunos de tus sentimientos, pero entenderlos no es tan importante como controlarlos. Toma la decisión de que ya no seguirás permitiendo que tus sentimientos te controlen.

--Joyce Meyer, de la Introducción

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