



Mujer Empoderada: Nuevas claves para expresar el auténtico poder de tu feminidad (Spanish Edition)

Elvira S. Muliterno

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Este libro explica de forma sencilla y práctica cómo puede, cualquier mujer, mejorar sus vida interior y en consecuencia su presencia en el mundo, en su casa, en sus relaciones familiares, de pareja o sociales. Elvira S. Muliterno, prestigiosa pensadora pionera en procesos de empoderamiento para mujeres, introduce por vez primera en España este concepto, como una estrategia eficaz para defender y ensalzar la esencia de lo femenino y su auténtico valor. Es un libro pensado para la mujer que busque o reclame un espacio valioso en el hogar, en la pareja, en la empresa o en la sociedad. Podrá autoevaluarse y reconocerse como ser humano. Este es un libro integrador , asegura su autora, muy necesario para las mujeres actuales, que vivimos en la igualdad legal, pero funcionamos aún con automatismos pasados que nos generan infelicidad y angustia interior .

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