



Manual de escritura curativa (Desarrollo Personal) (Spanish Edition)

Manuel Ángel Rodríguez

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Gracias a las investigaciones desarrolladas por James W. Pennebaker desde finales de los ochenta, en los últimos años, y cada vez más, se ha venido utilizando la Creación Literaria en diversos países del mundo como terapia, tanto para niños como para adultos y en tan distintos escenarios como escuelas, hospitales, penitenciarías y residencias de ancianos. La intención que mueve al autor de este libro es la de acercar sus propias experiencias, estudios e investigaciones no tan sólo a aquellos que quieran superar hechos traumáticos que les afectan emocional y físicamente, sino también a cualquier persona que desee mejorar su estado psíquico y físico, su salud y calidad de vida, a través de la escritura creativa. También resultará de gran utilidad a escritores y artistas, quienes encontrarán en él una gran fuente de inspiración. Mediante la escritura, ordenando el caos que nos ha producido un suceso traumático, lo sacamos fuera, lo entendemos y nos sobreponemos a él. Así, disminuimos el estrés y reforzamos nuestro sistema inmune, a la vez que logramos un equilibrio emocional que incidirá en la mejora de nuestras actitudes y relación con el entorno, y, en definitiva, en nuestra salud. En el presente manual se encuentran las bases teóricas y prácticas de una terapia -la "Terapia de Creación Literaria"- que nos brindará la posibilidad de sanar y transformar nuestra vida.

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