

Diario de las emociones (Spanish Edition)

By Anna Llenas

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¿Qué sientes en este momento?
Identificar lo que uno siente parece fácil pero, en realidad, no lo es tanto. Se nos ha enseñado a pensar, a actuar, a decidir, pero... ¿y a sentir?
Este diario trata precisamente de eso. De que sientas tus emociones, las reconozcas y las expreses de una manera lúdica, práctica, divertida y creativa. Mediante una serie de ejercicios artísticos podrás dar rienda suelta a tu creatividad, canalizar tus emociones negativas y fomentar tus emociones positivas, logrando así un aumento del bienestar y un mayor conocimiento de ti mismo.
Pero tranquilo, no hace falta saber dibujar.
Tan solo necesitas tres cosas:
- Un lápiz o un bolígrafo
- Ganas de experimentar y pasártelo bien.
- Ganas de conocerte un poco más.

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