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a pesar de que la evolución de los seres humanos ha sido meteórica desde una perspectiva emocional no nos hemos alejado mucho de la prehistoria durante cientos de años el progreso y el crecimiento desde este punto de vista han sido lentos y han estado llenos de obstáculos sin duda uno de los principales ha sido el sometimiento a nuestros sentimientos y emociones el odio la envidia y principalmente el miedo entre otros han sido los guías de nuestro comportamiento mucho más que la racionalidad el inmovilismo la esclavitud emocional y la ignorancia de las propias posibilidades nos convierte en seres más fáciles de someter

y dominar pero cómo liberarnos de las prisiones y las tiranías en que a veces se convierten nuestros sentimientos y emociones actualmente disponemos del conocimiento necesario para mejorar nuestra libertad emocional el objetivo de este libro es precisamente poner sobre la mesa una porción de este conocimiento y con ello servir de motivación y guía para mejorar nuestra salud psicológica en otras palabras disponer de las estrategias necesarias para un control más adecuado del estrés y disfrutar de un mejor índice de felicidad y bienestar

this volume describes a culture fair perspective on positive psychology research and practice in latin america it provides a deep understanding of the ways in which context can affect practice intervention and research results the development of positive psychology in areas such as test adaptation and construction prediction of academic achievement and empowerment of children at risk is presented furthermore topics related to positive communities and citizenship behaviors are included the volume is organized into four sections the first section presents the importance of test adaption and construction in order to assess positive psychology constructs with a special focus on well being as a core construct the second section summarizes a group of research studies carefully designed to predict academic achievement applying positive psychology constructs the third section outlines a set of studies intended to develop flow resilience social skills and positive emotions in children at risk and finally the fourth and last section introduces two points of view focused on communities in order to assess positive dimensions and to promote positive behaviors this volume aimed at researchers and psychology education health and the social sciences students is a useful tool for people interested in the development of positive psychology in latin american countries

visual propaganda exhibitions and the spanish civil war is a history of art during wartime that analyzes images in various media that circulated widely and were encountered daily by spaniards on city walls in print and in exhibitions tangible elements of the nation s past monuments cultural property and art historical icons were displayed in temporary exhibitions and museums as well as reproduced on posters and in print media to rally the population define national identity and reinvent distant and recent history artists political party propagandists and government administrators believed that images on the street in print and in exhibitions would create a community of viewers brought together during the staging of public exhibitions to understand their own roles as spaniards this book draws on extensive archival research brings to light unpublished documents and examines visual propaganda exhibitions and texts unavailable in english it engages with questions of national self definition and historical memory at their intersections with the fine arts visual culture exhibition history tourism and propaganda during the spanish civil war and immediate post war period as well as contemporary responses to the contested legacy of the spanish civil war it will be of interest to scholars in art history visual and cultural history history and museum studies

this volume brings together new interdisciplinary perspectives on the spanish civil war its victims its contentious ending and its aftermath in exploring the slow demise of the spanish republic and the course of the civil war the authors have chosen to range in turn over cinematic literary and historical depictions of the era in addition reactions elsewhere in europe to the spanish conflict are examined the role of the international brigades is looked at afresh the fate of children

displaced during the civil war is explored and the spanish anarcho syndicalist movement is revisited the volume shows that to be any kind of soldier in the armies of the republic or even to be seen as a republican sympathiser was to become a non person in the new order in spain under franco and sets what supporters of the republic had to endure within the wider european and international context of the period this book offers timely fresh insights into the failure of the spanish republic and into a society that tried in vain to unite its divided people during what was a seismic era in spain s history this book was originally published as a special issue of bulletin of spanish studies

las mujeres tienen necesidades y problemas particulares que requieren la comprensión empatía y dirección de sus pastores y consejeros esta guía de la a a la z proporciona a los pastores consejeros profesionales y líderes laicos la información necesaria para ayudar a las mujeres que pertenecen a sus congregaciones a aquellas que acuden en busca de consejo y a sus amistades a resolver los problemas espirituales y emocionales que tienen entre los muchos temas abordados en el presente libro están las relaciones sanas los conflictos y el estrés la sexualidad el embarazo y la infertilidad el maltrato físico y emocional el rol de la mujer cada uno de los cuarenta temas que se tratan sigue un esquema de siete puntos que identifica los síntomas y los patrones asociados las definiciones e ideas clave las preguntas que hay que hacer ciertas directrices para la conversación los pasos prácticos que deben darse algunos ejemplos bíblicos y un comienzo de oración women have unique needs and unique problems that require understanding empathy and direction from their pastors and counselors this a z guide gives pastors professional counselors and lay leaders the information they need to help female church members clients and friends work through their spiritual and emotional issues topics include healthy relationships conflict and stress sexuality pregnancy and infertility emotional and physical abuse roles of women each of the forty topics covered follows a helpful eight part outline and identifies typical symptoms and patterns definitions and key thoughts questions to ask directions for the conversation action steps biblical insights prayer starters and recommended resources

how did literary discourse about empire contribute to discussions about the implications of modernity and progress in eighteenth century spain writing the americas seeks to answer this question by examining how novels plays and short stories imagined and contested core notions about enlightened knowledge expanding upon recent transatlantic and postcolonial approaches to spain s enlightenment that have focused mostly on historiographical and scientific texts this book disputes the long standing perception of the spanish enlightenment as an imitative movement best defined best by its similarities with french and british contexts instead through readings of major and minor texts by authors such as josé cadalso gaspar melchor jovellanos pedro montengón and josé maría blanco white writing the americas argues that literary texts advanced a unique exploration of the compatibility between supposed universal principles and local histories one which often diverged noticeably from dominant trends and patterns in enlightenment thought elsewhere the authors studied often drew directly from spain s own imperial experiences to submit prevailing ideas about culture commerce education and political organization to scrutiny writing the americas provides a new critical lens through which to reexamine the aesthetic and political content of eighteenth century spanish cultural production while in the past much of the debate about whether spanish neoclassicism was modern literature has centered on formalistic qualities or romantic notions of originality or

subjectivity ultimately writing the americas locates the modernity of these literary works within the very ideological tensions they display towards the prevailing intellectual trends of the time the interdisciplinary content and approach of writing the americas make it a valuable resource for a broad range of scholars including specialists in eighteenth century and modern hispanic literature and culture colonial hispanic literature and culture transatlantic american studies european enlightenment studies and modernity studies

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