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Cómo curar un corazón roto

ideas para sanar la aflicción y la pérdida *Diana/Mexico*

Todos los días nos enfrentamos a diferentes tipos de pérdidas: desde cosas a las que tenemos gran apego, hasta divorcios, la muerte de un ser querido, un cambio de domicilio, la pérdida de un empleo, de una mascota o de la salud, adicciones, trastornos de la alimentación, secuestros, suicidios y sueños no alcanzados. Cómo curar un corazón roto es un manual de sanación y crecimiento claro, directo y práctico; es un tanatólogo de buró para ti, que deseas enfrentar el tema de las pérdidas y de la realidad de la muerte, pero sobre todo es un libro que te hablará sobre la vida, cómo vivirla con intensidad, responsabilidad y sentido, motivándote a recuperarte y sanar el dolor. No cargues con una pesada maleta de duelos no resueltos, llena de rencores, “no perdones” y resentimientos; limpia de una vez esa tristeza y heridas que marcan tu vida.

Botiquín para un corazón roto : consejos para curar las heridas del amor y transformar el sufrimiento en autoconocimiento

A Manual for Heartache *Pan Macmillan*

'I devoured A Manual for Heartache in one sitting . . . a kind, honest and wise book about how to make a friend of sadness.' - Rachel Joyce, author of The Unlikely Pilgrimage of Harold Fry. When Cathy Rentzenbrink was still a teenager, her happy family was torn apart by an unthinkable tragedy. In A Manual for Heartache she describes how she learnt to live with grief and loss and find joy in the world again. She explores how to cope with life at its most difficult and overwhelming and how we can emerge from suffering forever changed, but filled with hope. This is a moving, warm and uplifting book that offers solidarity and comfort to anyone going through a painful time, whatever it might be. It's a book that will help to soothe an aching heart and assure its readers that they're not alone.

While I Forget You *Createspace Independent Publishing Platform*

In my process of forgettingsome doors opened inside meand this book came to life, dayafter day, Lface the other part ofme that has your shadow stuck onyour heelsI was trampling myindependence for insecurities thattied me to your false image. Iwant you to read each line sowhen you try to find me, remember that I won't answerExcuse me, I forgot to thanhyou because after all... Thanksto vou and our unsuccessfulstory, we will help those whodon't know how to leave andcling to the wrong people bycalling them: love

The Book of Peach *Penguin*

For fans of Fannie Flagg-the acclaimed author of Heartbreak Cafe delivers a heartwarming, hilarious new novel. Twenty-three years ago, beauty queen Peach Rondell left Mississippi and vowed never to return. Now she's back, divorced and heartbroken, trying to figure out how her life went so terribly wrong. To escape her mama's scrutinizing gaze, she spends her days in a little storefront diner called the Heartbreak Cafe, where, in the back booth, she scribbles away in her journal, waiting for enlightenment. Instead, Peach gets something even better: the unexpected friendship of an unlikely group of folks who show Peach that finding out where you're going usually means embracing where you're from.

How to Fix a Broken Heart *Simon and Schuster*

Imagine if we treated broken hearts with the same respect and concern we have for broken arms? Psychologist Guy Winch urges us to rethink the way we deal with emotional pain, offering warm, wise, and witty advice for the broken-hearted. Real heartbreak is unmistakable. We think of nothing else. We feel nothing else. We care about nothing else. Yet while we wouldn’t expect someone to return to daily activities immediately after suffering a broken limb, heartbroken people are expected to function normally in their lives, despite the emotional pain they feel. Now psychologist Guy Winch imagines how different things would be if we paid more attention to this unique emotion—if only we can understand how heartbreak works, we can begin to fix it. Through compelling research and new scientific studies, Winch reveals how and why heartbreak impacts our brain and our behavior in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to problem solve, and to function at our best. In How to Fix a Broken Heart he focuses on two types of emotional pain—romantic heartbreak and the heartbreak that results from the loss of a cherished pet. These experiences are both accompanied by severe grief responses, yet they are not deemed as important as, for example, a formal divorce or the loss of a close relative. As a result, we are often deprived of the recognition, support, and compassion afforded to

those whose heartbreak is considered more significant. Our heart might be broken, but we do not have to break with it. Winch reveals that recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Winch offers a toolkit on how to handle and cope with a broken heart and how to, eventually, move on.

Death is of Vital Importance

On Life, Death and Life After Death

Collects lectures of the noted author on death, dying, life after death, spirituality, and love

Pablo Escobar: My Father *Macmillan*

"THE INTERNATIONAL BEST SELLER! When Pablo Escobar died in 1993, his seventeen-year-old son initially vowed revenge. But Juan Pablo quickly recognized that reaction entailed following in his father's footsteps--something neither he nor his father ever wanted. Their lives in immense danger, Juan Pablo, his mother, and his sister assumed new identities and fled to Argentina, where he would spend the next two decades grappling with his father's legacy. Now an architect and advocate of drug policy reform, Juan Pablo breaks his silence to tell his side of the story, shedding new light on the infamous kingpin--the man who was also his loving father"--

The Fault in Our Stars *Penguin*

The beloved, #1 global bestseller by John Green, author of The Anthropocene Reviewed and Turtles All the Way Down “John Green is one of the best writers alive.” -E. Lockhart, #1 bestselling author of We Were Liars “The greatest romance story of this decade.” -Entertainment Weekly #1 New York Times Bestseller • #1 Wall Street Journal Bestseller • #1 USA Today Bestseller • #1 International Bestseller Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel’s story is about to be completely rewritten. From John Green, #1 bestselling author of The Anthropocene Reviewed and Turtles All the Way Down, The Fault in Our Stars is insightful, bold, irreverent, and raw. It brilliantly explores the funny, thrilling, and tragic business of being alive and in love.

Elige no tener miedo

Cómo aprender a vivir después de un gran dolor *Grupo Planeta Spain*

Elaborar un duelo no es tarea sencilla, algunos quieren entender el proceso fríamente, otros optan por seguir al corazón y entregarse a todos los sentimientos y emociones que de la pérdida se generan. Pero hay un tercer grupo, aquellos que deciden que lo que están viviendo no los va a destruir, sino a construir en mejores personas. Este grupo de valientes requiere de una guía, un acompañamiento intelectual y emocional que les dé ese pequeño y cariñoso empujoncito para que regresen a las vías de su vida. Para ello está en tus manos Elige no tener miedo... Una guía útil para los que han tenido que enfrentar la muerte, desaparición, suicidio o secuestro de un ser querido; quienes han tenido que encarar el miedo? el tremendo miedo al abandono. Para ellos este es un diálogo afectivo que no minimiza lo ocurrido, lo pone en la justa dimensión para que la mente que recuerda y anticipa se conforte, y las emociones que inquietan y nos rebasan actúen a nuestro favor. Gaby Pérez Islas, autora de Cómo curar un corazón roto, tiende una mano para ti, simplifica el conocimiento de muchos expertos en los procesos de sanación de la mente y el corazón y hace un llamado a esa ave interior que hoy llora en nuestro pecho, que necesita consuelo, pero nos pide volar y volver a ser feliz, añora viento y desea abandonar la jaula, soltar los barrotes del miedo.

The Book Thief *Knopf Books for Young Readers*

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE’S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can’t resist-books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of I Am the Messenger, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with The Diary of a Young Girl by Anne Frank.” —USA Today DON’T MISS BRIDGE OF CLAY, MARKUS ZUSAK’S FIRST NOVEL SINCE THE BOOK THIEF.

How to Make Good Things Happen: Know Your Brain, Enhance Your Life *The Countryman Press*

An empowering journey through the mechanisms of the mind from one of the world’s leading mental health experts. For those in pursuit of a better life, psychiatrist Marian Rojas Estapé presents the essential guide to neuroscience-driven mindfulness. Understanding your brain, managing your emotions, and being aware of your responses to stressors can give you greater self-control. Rather than a gimmicky guidebook, this is a thorough look at how our brains react to stress, threats, hyperstimulation, and the vices of our digital age. With proven techniques backed by solid, up-to-date psychiatric research, Estapé teaches us how to make the best of our lives. Combining science, psychology, and philosophy, Estapé delivers practical advice about how we can cultivate a happy existence. This includes understanding the parts of the brain, setting healthy goals and objectives, strengthening willpower, cultivating emotional intelligence, developing assertiveness, avoiding excessive self-criticism and self-demand, and

mastering the proven art of optimism.

The Old Man And The Sea *Harper Collins*

Santiago, an old Cuban fisherman, has gone 84 days without catching a fish. Confident that his bad luck is at an end, he sets off alone, far into the Gulf Stream, to fish. Santiago's faith is rewarded, and he quickly hooks a marlin...a marlin so big he is unable to pull it in and finds himself being pulled by the giant fish for two days and two nights. HarperPerennialClassics brings great works of literature to life in digital format, upholding the highest standards in ebook production and celebrating reading in all its forms. Look for more titles in the HarperPerennial Classics collection to build your digital library.

Women Who Love Too Much *Simon and Schuster*

Updated with a new foreword and revised text, a twentieth anniversary release of a top-selling reference counsels women on how to end destructive cycles of co-dependence and misogyny, in a guide that shares case histories of women who have ended or improved relationships with emotionally unavailable, addicted, or unfaithful partners. Reprint. 50,000 first printing.

How to Catch a Clover Thief

"When a wild boar with a passion for clover discovers a rare patch in the woods, he is determined to patiently stand guard until it blooms-but he is not the only clover enthusiast in the forest, and it takes reading a good book for him to figure out the mystery"--

A Woman After God's Own Heart® Large Print *Harvest House Publishers*

Change Your Priorities to Change Your Life and Your Home Now in easy-to-read 18-point font! You will experience peace, order, and joy when you follow God's guidelines for every area of your life, and best of all, you will become a woman after His heart! Elizabeth George shares God's Word and woman-to-woman practical wisdom on how you can pursue God's priorities by... putting God first in your day, your heart, and your life improving your relationships with family and friends building a strong bond with your husband raising your children to follow Jesus and make right choices growing in your service to others As you embrace God's plans for you, you will find real purpose in a life of prayer and practicing God's priorities as you become A Woman After God's Own Heart®.

How to Take the Suffering Out of Love

39 Reflections and experiences that allow you to develop strategies and resistant "lovesickness" affective schemes. By Walter Riso. *PHRONESIS S.A.S.*

I have written this guide in order to help you create a space for reflection within your life and as a result develop emotional and cognitive strategies that can make you more resistant to love-sickness. Once you learn exactly why we absurdly equate love to suffering, you’ll know how to avoid falling into the trap and learn to foster more adaptive schemes of behaviour. Through the concepts of philosophy, psychology and his 30 years plus of experience as a therapist, in the 39 chapters of this book, Walter Riso guides us through a model or scheme of reflection to help us understand the characteristics of a love that is good (healthy, coherent, constructive) and one that is bad (sick, incoherent, destructive).

It's Never The End

Past Lives Present Destiny

London - late 1880s. Alex - successful MBA, skeptical and materialistic executive, sees himself as a woman in a previous life. And, she's about to have a miscarriage. This out-of-body experience, or regression, totally changes Alex's present life.He recovers from a serious auto immune condition and forsakes the rat race of the business world to bring relief to others. And, through his treatment of clients he has reawakened and guided hundreds of people through regressions to their previous lives.This book recounts, with incredible detail, the adventures of his clients' previous lives.Readers learn about hypnosis techniques and other phenomena like déjà vu. Fear not, the book is not overly technical. The author debunks myths about hypnosis, explaining why his controlled techniques produce empirical results, notwithstanding the lack of acceptance by traditional medicine.Have you ever met someone or entered a place for the first time, but, feel like you once knew them or where there before? Mr. Raco's clients expose how childhood memories and previous lives contribute to our present consciousness - our very souls. It goes beyond our brains, before our present beings, and after our deaths. The book describes Mr. Raco's initial heavy skepticism of regression therapy. But it describes the real experiences of many clients. Their regression experiences demonstrate how present problems can be solved or reduced by reworking traumatic memories - in this and in previous lifetimes.A book in which topics such as parenting, soulmates, emotional dependency and the love for animals become alive through the lives of soldiers, monks, thieves, singers, slaves, dwarfs, ancient Romans, medieval peasants and warriors.It is a statistical and empirical investigation from a professional who is able to maintain, in spite of everything, a detached and neutral perspective. A great instrument for the psychological well-being and personal growth of all of us. A book that will change your life.

The Wheel of Life

A Memoir of Living and Dying

Autobiography of the world's foremost expert on death, dying and life after death.

island floats ominously in the Void and a deadly creature flaps its gigantic wings . . . Sky Pony Press, with our Good Books, Racehorse and Arcade imprints, is proud to publish a broad range of books for young readers—picture books for small children, chapter books, books for middle grade readers, and novels for young adults. Our list includes bestsellers for children who love to play Minecraft; stories told with LEGO bricks; books that teach lessons about tolerance, patience, and the environment, and much more. In particular, this adventure series is created especially for readers who love the fight of good vs. evil, magical academies like Hogwarts in the Harry Potter saga, and games like Minecraft, Terraria, and Pokemon GO. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

The Lost Wife *Penguin*

A rapturous novel of star-crossed love in a time of war—from the international bestselling author of The Secret of Clouds. During the last moments of calm in prewar Prague, Lenka, a young art student, and Josef, who is studying medicine, fall in love. With the promise of a better future, they marry—only to have their dreams shattered by the imminent Nazi invasion. Like so many others, they are torn apart by the currents of war. Now a successful obstetrician in America, Josef has never forgotten the wife he believes died in the war. But in the Nazi ghetto of Terezín, Lenka survived, relying on her skills as an artist and the memories of a husband she would never see again. Then, decades later and thousands of miles away, an unexpected encounter in New York leads to an inescapable glance of recognition, and the realization that providence has given Lenka and Josef one more chance. From the glamorous ease of life in Prague before the occupation to the horrors of Nazi Europe, The Lost Wife explores the power of first love, the resilience of the human spirit, and our capacity to remember.

Pain

A Review Guide *Springer*

This concise but comprehensive guide covers common procedures in pain management necessary for daily practice, and includes topics on international pain medicine curricula, for example, the American Board of Anesthesiology, World Institute of Pain/Fellow of Interventional Pain Practice, and American Board of Pain Medicine. Treatments for pain are discussed, including nerve blocks (head, neck, back, pelvis and lower extremity). Chapters have a consistent format including high yield points for exams, and questions in the form of case studies. Pain: A Review Guide is aimed at trainees in pain medicine all over the world. This book will also be beneficial to all practitioners who practice pain.

Me Being Me Is Exactly as Insane as You Being You *Simon and Schuster*

A heartfelt, humorous story of a teen boy’s impulsive road trip after the shock of his lifetime—told entirely in lists! Darren hasn’t had an easy year. There was his parents’ divorce, which just so happened to come at the same time his older brother Nate left for college and his longtime best friend moved away. And of course there’s the whole not having a girlfriend thing. Then one Thursday morning Darren’s dad shows up at his house at 6 a.m. with a glazed chocolate doughnut and a revelation that turns Darren’s world inside out. In full freakout mode, Darren, in a totally un-Darren move, ditches school to go visit Nate. Barely twenty-four hours at Nate’s school makes everything much better or much worse—Darren has no idea. It might somehow be both. All he knows for sure is that in addition to trying to figure out why none of his family members are who they used to be, he’s now

obsessed with a strangely amazing girl who showed up out of nowhere but then totally disappeared. Told entirely in lists, Todd Hasak-Lowy’s debut YA novel perfectly captures why having anything to do with anyone, including yourself, is: 1. painful 2. unavoidable 3. ridiculously complicated 4. possibly, hopefully the right thing after all.

The Art of Thinking Well *Franklin Classics*

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The Secret Diary of Anne Boleyn

A Novel *Simon and Schuster*

Now available again, the first book in Robin Maxwell's acclaimed Elizabethan Quartet: "Wonderfully juicy . . . Maxwell brings all of bloody Tudor England vividly to life" (Publishers Weekly, starred review). One was queen for a thousand days; one for over forty years. Both were passionate, headstrong women, loved and hated by Henry VIII. Yet until the discovery of the secret diary, Anne Boleyn and her daughter, Elizabeth I, had never really met. Anne was the second of Henry's six wives, doomed to be beloved, betrayed, and beheaded. When Henry fell madly in love with her upon her return from an education at the lascivious French court, he was already a married man. While his passion for Anne was great enough to rock the foundation of England and of all Christendom, in the end he forsook her for another love, schemed against her, and ultimately had her sentenced to death. But unbeknownst to the king, Anne had kept a diary. At the beginning of Elizabeth 's reign, it is pressed into her hands. In reading it, the young queen discovers a great deal about her much-maligned mother: Anne's fierce determination, her hard-won knowledge about being a woman in a world ruled by despotic men, and her deep-seated love for the infant daughter taken from her shortly after her birth. In the journal's pages, Elizabeth finds an echo of her own dramatic life as a passionate young woman at the center of England's powerful male establishment, and with the knowledge gained from them, makes a resolution that will change the course of history.

Marilyn Monroe: The Last Interview

and Other Conversations *Melville House*

"I'm so many people. They shock me sometimes. I wish I was just me!" --Marilyn Monroe Nearly sixty years after her death, Marilyn Monroe remains an icon whom everyone loves but no one really knows. The conversations gathered here--spanning her emergence on the Hollywood scene to just days before her death at age 36--show Monroe at her sharpest and most insightful on the thorny topics of ambition, fame, femininity, desire, and more. Together with an introduction by Sady Doyle, these pieces reveal yet another Marilyn: not the tragic heroine she's become in the popular imagination, but a righteously and justifiably angry figure breaking free of the limitations the world forced on her.