



DESCRIPTION OF THE ORIGINAL BOOK. Thinking, fast and slow is a book in which we lire presented with a synthesis of studies carried out by the author, Daniel Kahneman. Daniel won a Economics Nobel Prize award. The main topic of the book is the way humans think, which influences our daily lives. The work presents the dichotomy between two ways of thinking, which the author calls 'systems'. The first system is fast, instinctive and emotional, the second one is slow, more rational and logical. Each of these entails cognitive and behavioural characteristics. From a highly original and logical hypothesis, a vision is presented which shapes the routine of decision-making that people make in their daily lives. This book is recommended for professionals in the psychology field. As well as for anyone interested in knowing themselves better and the processes involved in their decisions, with the means to acquire tools which allow them to reach the path leading to their happiness.

La mejor guía posible para explorar la psicología de los perversos narcisistas. ¿Quiénes son? ¿Cómo actúan? ¿Cómo deshacerse de ellos? Más de 300.000 ejemplares vendidos en Francia. El perverso narcisista utiliza el vínculo familiar, profesional o sentimental para someter al otro. Necesita de esta proximidad para ejercer su influencia y no permite que su víctima se aleje de él. Es frío, no conoce la culpabilidad y no duda en culpabilizar a los demás. Puede ser celoso e infiel. No soporta ser blanco de las críticas, pero critica sin cesar. Para crecerse, se alimenta de la imagen de su víctima: cuanto más la menosprecia, más fuerte se siente. Si siente angustia, rápidamente hace experimentar al otro la misma emoción. A través de la descripción de estos mecanismos y muchos más, veremos cómo el perverso narcisista hace cargar a los demás con lo que deberían ser su rabia, sus miedos y su culpabilidad. Es decir, su propia locura. En este libro, best seller en Francia y en otros países, Jean-Charles Bouchoux analiza los orígenes de la perversión y ofrece pistas seguras para que las víctimas contrarresten las tentativas de control y manipulación de "sus" perversos.

Jean-Charles Bouchoux, psicoanalista y psicoterapeuta, es una de las voces internacionales más reconocidas en el campo del tratamiento de la perversión narcisista.

Self-help book written by a survivor of narcissistic abuse.I have experienced the abuse of a narcissistic couple. I know what it feels like when the one you believed it was your great love leaves you broken and lost in this life. I've been empty, without direction. But I've been able not only to break the relationship, but to see the great value I carry inside me. This book revolves around you, the victim and not the narcissist or the abuser.It is important that you see that you have not been responsible for his behavior and that if you have been "trapped" into the relationship, it has not been because of his charm, but for the chemistry that his behavior has produced in you.You need to understand why you haven't been able to split up from him before, or why it is so difficult for you to do so. And if you have broken up, you need to know that the chemistry is responsible for sometimes "craving" to go back to him. You need to know that you are not a weirdo for it. It happens to us all. Don't diminish yourself for those feelings.In the break up from the narcissist emotional factors intervene. But the chemistry plays a great role as you will see in this book. In addition, the abuse you have experienced modifies your brain. Neuroscientists have discovered that long-term narcissistic abuse can lead to real physical brain damage. When we suffer constant emotional abuse, victims, we experience a reduction of the hippocampus, amygdala inflammation and inhibition of the prefrontal cortex. Which leads to devastating effects.It is important to see that you are not responsible for the behavior of the narcissist and that you have reacted in a certain way to survive, not because you have any intrinsic problem. It is necessary that you see and understand it in order to see your true value, that is independent of your achievements and is above of what others believe or say. It is very hard to see the true face of these demons, to digest that the person you have loved and to whom you have given your life to, does not exist. Opening one's eyes to the truth is very hard, but it is harder to live in an abusive relationship with mr. evil. In the book I give you the guidelines to carry out the zero contact, to get away from the toxic relationship. And if you can not do it because it is not your moment, I tell you how to apply the grey stone method that consists, basically, of refraining from any emotional reaction .But not only does the book show you how to get away from the narcissist, but it allows you to get rid of the limiting beliefs that the narcissist instilled in you.When we carry traumas and false beliefs that are not our True Self, that unconsciously keep us trapped, instead of taking care of ourselves, we continue to be the object of abuse and lack of esteem. But as you begin to be the source of your own life, you learn to live with healthy emotions, your true self comes to light. Your strength and your power come out, and the great woman inside you begins to live.Give yourself the opportunity now to take out that brave woman that lives inside and that has not been let out. Discover the great woman you are.I wish you all the best.

La violencia no son solo gritos y golpes. Hay muchas formas de violencia menos espectaculares. Más sutiles. Más insidiosas A veces, la violencia invisible es «normal». Es «útil». Permite expresar frustración, por ejemplo, o tomar una decisión que nos hace progresar. Sin embargo, en muchas ocasiones, la violencia invisible es «tóxica». No sirve para nada. Peor aún: hace que quien la sufre se hunda en una profunda sensación de naufragio vital. Tras el éxito mundial de Los perversos narcisistas, el psicoterapeuta Jean-Charles Bouchoux quiere visibilizar este fenómeno, desvelar los mecanismos psicológicos que lo desencadenan y ofrecemos herramientas y pautas para tratarlo y superarlo en nuestra vida cotidiana: en el trabajo (o el colegio), en casa, en la pareja, etc. Pues, como afirma el autor, el estado natural de las personas es el amor y la alegría.

Mobbing

A Psychological Guide to Human Behavior. How to Analyze People to Defend Yourself from Brainwashing. Dark NLP, Emotional Manipulation, Persuasion and Mind Control

Expert Secrets - Narcissistic Abuse

Juego de apariencias

Relational Systems of Subjugation

El Compendium Del Alto Coeficiente

11 historias de jóvenes y adultos con altas capacidades