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Guillermo Ballenato

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¿Gritas a tu hijo con frecuencia o por cualquier motivo? ¿Crees que de este modo puedes imponer tu autoridad y hacer valer tu criterio? ¿Tenéis a menudo discusiones subidas de tono? ¿Te sientes luego culpable de haber perdido el control?

Este libro del psicólogo Guillermo Ballenato nos enseña cómo educar sin gritar. Más que ofrecer recetas o soluciones mágicas, nos aporta algunas claves que ayudan a pensar a todos aquellos padres que admiten tener incertidumbres en lo que a la educación se refiere; que tienen suficientes ganas de mejorar como para cuestionarse y revisar su relación con los hijos; que aceptan haberse equivocado algunas veces en la forma de gestionar los conflictos.

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