



Como pienso soy (AMAE) (Spanish Edition)

Verónica Beatriz Boneta Osorio

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Este libro es para todas aquellas personas que quieran ayudar a los niños diagnosticados con TDAH o DAH, o dicho de otro modo, con dificultades de atención y/o de impulsividad. La mayoría de estos pequeños tienen dificultades para aprender a detener su pensamiento y controlar su conducta. De corazón tratan de hacer las cosas bien, pero les es difícil mantener su atención en una sola cosa o actividad. La capacidad de cambio de cada ser humano es en sí motivo de esperanza y admiración. El amor es el motor que nos inspira a la vida, lo es TODO. Basándonos en esto, y partiendo de un conocimiento integral: mente, cuerpo y emociones, los niños logran entender el vínculo entre ellos y comprenden la manera en que influyen con su comportamiento y convivencia con los demás. De igual forma, a través del arte y la psicopedagogía podrán tomar conciencia de sí mismos, aplicar y desarrollar las capacidades y habilidades necesarias para aprender a pensar con calma, controlar sus impulsos y expresar sus emociones de manera sana y asertiva. Esto incrementará en ellos el sentido de autosuficiencia, autoconciencia y autoestima, pilares fundamentales para un desarrollo evolutivo armonioso en el individuo.

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