



Espiritualidad emocionalmente sana (Emotionally Healthy Spirituality) (Spanish Edition)

Peter Scazzero

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Siete maneras comprobadas para aprovechar el poder de una vida auténtica.

Peter Scazzero aprendió de la forma más difícil: no puedes ser espiritualmente maduro si permaneces emocionalmente inmaduro. A pesar de que era pastor de una iglesia en crecimiento, él hizo lo que la mayoría de las personas hace:

- Evitar conflicto en nombre del cristianismo
- Ignorar la ira, tristeza y miedo
- Usar a Dios para huir de Dios
- Vivir sin fronteras

Eventualmente Dios lo despertó a una integración bíblica de salud emocional, una relación con Jesús, y las prácticas clásicas de la espiritualidad contemplativa. Lo que creó nada más ni nada menos que una revolución espiritual, transformándolo radicalmente a él y su iglesia.

En este libro, Scazzero resume su jornada y los signos reveladores de una espiritualidad emocionalmente enferma. Asimismo, presenta siete formas bíblicas y probadas en la práctica, de abrirse paso a la vida revolucionaria que Cristo quiso que tú vivieras.

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