



# Crecer con confianza: 1 (Crecimiento personal) (Spanish Edition)

*Justine Mol*

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¿Son necesarios los premios y los castigos para educar a los hijos?

Partiendo de los principios de la Comunicación No Violenta (CNV), desarrollada por el psicólogo Marshall Rosenberg, Justine Mol responde con un rotundo “no”. Los premios y los castigos conducen a la inseguridad, a la desmotivación o al deseo de complacer a toda costa.

En un libro tan cálido como revelador, Justine Mol cuestiona las teorías que vienen dominando la educación, basadas en la pura y simple manipulación, para proponer una crianza sustentada en la empatía y el respeto. Mediante infinidad de ejemplos, demuestra que los niños tienen una tendencia natural a confiar, aprender y participar. Partiendo de esa idea, enseña al lector a sustituir la motivación extrínseca por la intrínseca, las reglas inamovibles por una disciplina democrática, el enjuiciamiento por la atención.

Uno de los libros sobre crianza más elogiados de los últimos años, esencial no solo para educar a unos niños responsables, creativos, empáticos y capaces... sino también para crecer en el proceso.

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