



El líder emocionalmente sano: Cómo transformar tu vida interior transformará profundamente tu iglesia, tu equipo y el mundo (Emotionally Healthy Spirituality) (Spanish Edition)

Peter Scazzero

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Nuestras iglesias están en problemas, llenas de líderes que no son capaces de integrar las emociones como la ira y la tristeza en sus propias vidas, y mucho menos pastorear y guiar a los demás. Líderes de iglesias a menudo pueden estar a la defensiva, ser intolerantes de otras perspectivas, y celosos de la obra del ministerio, descuidando los problemas en casa. Liderar a otros también nos puede drenar la energía si no estamos tomando el tiempo para refrescar y renovar nuestros corazones en la presencia de Dios. En este libro, el autor y pastor Pete Scazzero extrae de los temas de su libro más vendido Espiritualidad emocionalmente sana y aplica estos conocimientos a la tarea de liderazgo. ¿Qué significa ser un líder emocionalmente sano? Pete proporciona el contexto bíblico y experiencias prácticas que te lanzarán en un camino de profunda transformación y te equipará con las herramientas para tomar la espiritualidad emocionalmente saludable en tu iglesia, tu liderazgo y tu ministerio. Serás bendecido para descubrir renovación personal con Jesús para tu propia formación espiritual. Este libro proporciona una práctica ayuda para integrar la salud emocional y las prácticas contemplativas en tu vida y liderazgo, conocimientos que pueden crear a largo plazo, la cultura saludable en tu iglesia y ofrecer una nueva perspectiva para guiar a otros con integridad ante Dios. Además, te darás cuenta de cómo desarrollar nuevas habilidades para lidiar con el conflicto, así como aprender a tomar medidas concretas para desarrollar un ritmo de desaceleración y aceptar tus límites. Al final, tu saldrás con una "regla" o forma de vida.

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