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Padres minimalistas: cómo disfrutar más de la vida familiar moderna haciendo menos

By Asha Dornfest, Christine Koh

Alba Editorial, S.L., 2013. Book Condition: New.

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educación, más opciones sobre nutrición. . . ¿El resultado?

Padres confusos y sobreprotección parental o infantil.

Christine Koh y Asha Dornfest proponen un nuevo enfoque

para criar a nuestros hijos, nos muestran cómo entrar en

sintonía con los valores y las prioridades específicas de nuestra

familia e identificar con claridad las actividades, la

información, las cosas en general y a las personas que

realmente merecen espacio en nuestra vida. En este libro se

muestra el concepto de minimalista, respaldado por la

experiencia personal de los propios autores. Se propone

estrategias para la gestión del tiempo, ordenando el espacio

de la casa, la organización a la hora de comer, la

racionalización del tiempo de ocio, el tiempo de los cuidados

personales, etc.



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