



Mamás de teta grande (Spanish Edition)

Fernanda Familiar

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Muchas mujeres atravesamos por una crisis de prioridades: queremos ser la mejor esposa, madre, tía, compañera de trabajo, amiga y vecina; hacemos todo por los demás y nunca nos detenemos a pensar qué es lo que nosotras deseamos. Este libro es un revolcón emocional que nos hace reflexionar sobre cuestiones esenciales: ¿Estoy bien o, -pese a tenerlo todo-, siento un vacío existencial inexplicable? ¿Soy tan plena como creo? ¿Cómo me siento en realidad? ¿Disfruto de la vida tal y como la estoy viviendo?

Las mamás de teta grande somos las mujeres que entregamos hasta el último aliento para ver bien al otro; mujeres que proveemos y resolvemos, que atendemos las necesidades de todos y ¡nos vemos bien felices! Pero, ¿en realidad lo estamos? Este libro inicia con una confesión: Soy Fernanda y soy mamá de teta grande. Acepto que me he descubierto resolviéndole la vida a la gente y que durante mucho tiempo estuve al final de mis prioridades. Hasta que comprendí y dije basta. Tú también puedes hacerlo.

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