



# Mamá, enséñame a amar (Edu.com) (Spanish Edition)

*Inès Pélissié du Rausas*

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Tu hija ya no es una niña, pero tampoco es del todo una mujer; está sometida a una fuerte presión y la invaden todo tipo de preguntas. ¿El cuerpo sirve para tener experiencias? ¿Cómo vivir los cambios de mi cuerpo? ¿Cómo prepararme para mi vida de mujer? ¿Cómo gustarme y quererme a mí misma? ¿En qué consiste hacerse mujer? ¿Debo estar dispuesta a todo con tal de tener éxito?

Nuestra hija se encuentra frágil e insegura frente a su cuerpo en transformación. Para aceptarse, para proyectarse en el futuro con confianza, necesita descubrir pronto la belleza de su cuerpo y el valor de su feminidad, escuchar los deseos de su corazón. Es un reto vital para ella. Y necesita nuestra ayuda.

La autora invita a las madres a dialogar con sus hijas de 9 a 14 años, planteando varias conversaciones adaptadas a su evolución. Es una guía llena de consejos, un itinerario que invita a las chicas a reflexionar por sí mismas frente a su contexto (internet, el mundo de la música, la relaciones chicos-chicas...) para ayudarlas a crecer desmontando las trampas contra el amor.

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