



# En honor a la verdad: El autoengaño y la autenticidad (Spanish Edition)

*Martha Alicia Chávez*

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No es motivo de culpabilidad, vergüenza ni desprecio reconocer que de muchas formas todos nos autoengañamos. Sin embargo, sí es necesario hacernos conscientes de esta situación para poder aceptar la verdad, que nos permite vivir en paz. *En honor a la verdad* es un libro sobre autenticidad, congruencia, confianza y el poder sanador de la verdad. En sus páginas, la autora nos muestra abiertamente las muchas formas en que nos autoengañamos respecto a temas como los hijos, la relación de pareja, el dinero y otros asuntos sociales, y nos brinda el mejor método para reconocer la verdad como parte fundamental de nuestro proceso de maduración, en todos los aspectos de la vida, así como para evitar que el autoengaño aparezca incluso detrás de nuestras más loables intenciones.

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