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WALTER RISO

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De acuerdo con el exitoso psicólogo Walter Riso, se sufre demasiado a causa del amor. En efecto, existe una gran cantidad de dolor inútil que empaña las relaciones de pareja, convirtiéndolas en una experiencia desagradable y a veces traumática. Este libro demuestra hasta qué punto este sufrimiento innecesario se alimenta de las creencias equivocadas, las expectativas poco realistas y el sentimentalismo ingenuo que suele rodear el mundo de las emociones. La propuesta del autor consiste en armonizar las tres dimensiones afectivas (eros, philia y ágape) con el fin de crear un equilibrio vital que permita no sólo mantener a raya la angustia, el temor y el desasosiego, sino también potenciar la alegría, el placer y la comunión con el otro. Este libro define dichas dimensiones y muestra la manera de conciliarlas en la vida cotidiana.

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William White:

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