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MANUAL

PARA NO MORIR

DE AMOR

Diez principios de supervivencia afectiva



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Manual para no morir de amor (Edición mexicana) Walter Riso, 2018-03-15 Ni gate a sufrir por amor decl rate en huelga afectiva haz las paces con la soledad y atempara la necesidad de amar por encima de todo y a cualquier precio Rescata el amor propio tu primer gran amor a partir del cual se generan los otros Walter Riso nos adentra en algunos de los problemas que convierten las relaciones amorosas en un motivo de agon a y angustia y nos proporciona una serie de herramientas para no morir de amor y cambiar nuestra concepci n del amor tradicional por una m s renovada y saludable [Manual para no morir de amor](#) Walter Riso, 2012-06-02 Hay muchas personas que se mantienen encadenadas a relaciones poco satisfactorias Se trata de hombres y mujeres que viven el amor como una tortura como una fatalidad como algo por lo que necesariamente hay que sufrir y sacrificarse Lo que sucede es que tales personas parten de una idea falsa del sentimiento amoroso el cual convierten en una forma de apego que les impide ser felices y desarrollarse como individuos A lo largo de estas p ginas el terapeuta y conferencista Walter Riso nos ofrece un conjunto de principios b sicos de supervivencia destinados a desechar nuestra concepci n del amor tradicional para acercarnos a una perspectiva m s saludable inteligente y vital del v nculo de pareja La idea es rechazar el sufrimiento in til reconocer los peligros de la idealizaci n y saber cu ndo es mejor separarse En el fondo se trata de entender que morir de amor no vale la pena Walter Riso es psic logo especialista en terapia cognitiva y magister en bio tica Desde hace veintiocho a os trabaja como terapeuta labor que alterna con el ejercicio de la c tedra universitaria la realizaci n de investigaciones en la pr ctica cl nica y publicaciones cient ficas y de divulgaci n psicol gica Actualmente es profesor de terapia cognitiva en diferentes facultades de psicolog a en Latinoam rica y Espa a y es presidente honorario de la Asociaci n Colombiana de Terapia Cognitiva *Manual para no morir de amor* Walter Riso, 2011-03 Ni gate a sufrir por amor decl rate en huelga afectiva haz las paces con la soledad y atempara la necesidad de amar por encima de todo y a cualquier precio Rescata el amor propio tu primer gran amor a partir del cual se generan los otros **Manual de la literatura Española, o Modelos de prosa y poesia Española** Johannes Pieter Arend, 1839 [Literatura española](#) Soledad Anaya Solórzano, 1963 *Manual del perfecto deportado* Luis Felipe Angell de Lama, 1974 **Diccionario manual e ilustrado de la lengua española** Real Academia Española, 1989 **El Constructor** , 1925 [Pack ECI Manual para no morir de amor](#) Walter Riso, 2011-03-04 **Bienestar emocional y mindfulness en la educación** Javier García-Campayo, Marcelo Demarzo, Marta Modrego Alarcón, 2017-10-05 Bienestar emocional y Mindfulness en la educaci n presenta un panorama general del desarrollo de programas basados en la atenci n plena mindfulness y la compasi n en entornos educativos Junto a una reflexi n general de los principios te ricos de esta floreciente rea de actuaci n pedag gica sus an lisis se centran en la descripci n de proyectos actualmente vigentes en el mundo de habla hispana Se trata de un libro te rico y pr ctico que ofrece un completo conjunto de conocimientos m todos herramientas y opciones no solo para implementar programas de bienestar emocional sino tambi n para evaluarlos y adaptarlos a cada circunstancia concreta Es dif cil exagerar

la importancia de la prevención y de la promoción de la salud mental infantil Por ello el presente volumen es de gran relevancia para todo aquel interesado en mejorar el sistema educativo docentes autoridades educativas autoridades gubernamentales padres e incluso los mismos estudiantes

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