

WALTER RISO

MANUAL

PARA NO MORIR

DE AMOR

Diez principios de supervivencia afectiva



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Walter Riso



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Manual para no morir de amor Walter Riso, 2011-03-04 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 [Pack ECI Manual para no morir de amor](#) Walter Riso, 2011-03-04

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no morir d amor i per canviar la nostra concepci de l amor tradicional per una de m s renovada i saludable **Manual para morir feliz** Mónica Tambini Ávila, 2024-07-01 Manual para morir feliz comparte con nosotros aprendizajes y reflexiones en torno a la vida y la muerte la felicidad el amor la gratitud el perd n el duelo por la partida de un ser querido y el legado que queremos dejar cuando ya no estemos en este mundo **Amores que unen, amores que atan** Madhu-Amparo Román, 2019

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