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El buen amor en la pareja

By Joan Garriga

Booket, 2014. soft. Book Condition: New. Este no es un libro sobre lo que hay que hacer o lo que no hay que hacer en una relación de pareja. No habla de modelos ideales. Habla de relaciones diversas, con sus propias pautas y estilos de navegación. Pero también de aquellas cuestiones que habitualmente hacen que las cosas funcionen o se estropeen en una pareja, y de los ingredientes que facilitan o dificultan construir una buena relación y mantenerla. Además, da pistas para que cada uno encuentre su propia fórmula, su modelo y su manera de vivir en pareja. Joan Garriga, psicólogo gestaltista y especialista en constelaciones familiares, experto terapeuta que ha visto pasar por su consulta a muchas parejas, deja claro que en las relaciones no hay buenos ni malos, culpables o inocentes, justos o pecadores. «Lo que hay son buenas y malas relaciones: relaciones que nos enriquecen y relaciones que nos empobrecen. Hay dicha y desdicha. Hay buen amor y mal amor. Y es que el amor no es suficiente para asegurar el bienestar: hace falta el buen amor. ».

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