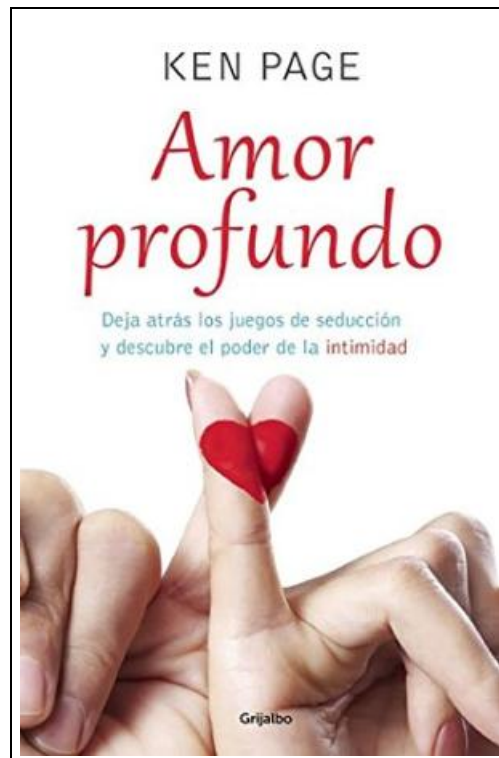


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Grijalbo, Mexico, 2016. Paperback. Condition: New. Language: Spanish . Brand New Book. Amor profundo integra lo mejor de la teoria de la intimidad con bases espirituales y las traduce, de forma divertida, en un proceso practico paso a paso. Sin necesidad de bajar un gramo de cintura, cambiar nuestro peinado, comprarnos ropa nueva o engatusar a nuestro prospecto, podemos conseguir un amor saludable y crear una relacion verdaderamente intima. Cuantas veces no hemos pensado: Me siento como un tenis en una secadora: me abandonaron otra vez. Crei ser una de esas personas incapaces de amar a alguien; Como una mercancia defectuosa: asi me sentia? Por que nos enredamos con personas que no nos convienen? Por que las personas libres, amables y sensatas nos provocan ganas de salir corriendo? Por que a quienes deseamos con mas fuerza no nos corresponden, mientras que quienes se enamoran de nosotros no nos interesan? En este libro, Ken Page presenta un nuevo mapa del amor. Despues de mas de diez anos de trabajo como psicoterapeuta, y viviendo en carne propia esa busqueda, el autor nos ensena que el iman mas importante para el amor verdadero radica en nuestros dones esenciales: aquellos que encontramos en lo mas vulnerable de nuestro ser y que normalmente nos hacen sentir incomodos. Amor profundo nos guia para descubrir esos dones y curarlos de esas heridas que los mantienen enterrados; nos muestra como expresarlos con valor y generosidad en nuestras relaciones. Cuando lo conseguimos, un milagro sucede: perdemos nuestro gusto por tener relaciones que nos hacen dano y nos alejamos sin llegar a involucrarnos; nos volvemos mas seguros y disponibles emocionalmente; y comenzamos a atraer a personas que nos aman por lo que somos. ENGLISH DESCRIPTION Among the best manuals for succeeding in finding and keeping love we have seen. --Harville...

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