

Amar O Depender Como Superar El Apego Afectivo Y Hacer Del Amor Una Experiencia Plena Saludable Walter Riso

Each year millions of people are victims of a bad relationship and are unable to do something about it because of the fear of losing their love ones or to be lonely. This book will help you make of love a healthful experience.

This book is based on an expert group meeting entitled 'Male Roles and Masculinities in the Perspective of a Culture of Peace', which was organised by UNESCO in Oslo, Norway in 1997, the first international discussion of the connections between men and masculinity and peace and war. The group consisted of researchers, activists, policy makers and administrators and the aim of the meeting was to formulate practical suggestions for change. Chapters in the book consist of both regional case studies and social science research on the connections of traditional masculinity and patriarchy to violence and peace building. The Culture of Peace initiatives in this book show how violence is ineffective, and the book contests the views in the socialisation of boy-children that aggressiveness, violence and force are an acceptable means of expression.

Double Your Productivity with these habits. Are you tired of losing focus, procrastinating, and leaving projects unfinished? What if you could dramatically increase your productivity? What if you could stop being overwhelmed and get an extra hour a day to do the things you love? What would finally having time to spend with your family, some alone time to read, or exercise mean to you? In this book, international bestselling author Marc Reklau shows you his proven secrets to extreme productivity. Learn the best strategies to overcome procrastination, improve your mindset, and achieve your goals. More than anything else in your life or career, the way you manage your time will determine your success or failure. It's simple: The better you use your time, the more you will get accomplished, hence the more you will earn. The secret of successful people is to focus on the most important things on their to-do lists and actually do them. This simple, fast-paced e-Book will help you to get more done in less time and with less stress. It will take you through simple, practical, and doable steps and create a system for optimal productivity that can change your life forever. You'll do things faster - and even more importantly - you will do the right things! (Most people don't have time because they waste it on doing unimportant stuff) You'll learn: How to use your to-do lists correctly The best tricks to overcome procrastination and do the important stuff How to stop being busy and aim for results How to save 7 to 14 hours a week by changing just one habit. How to identify your REAL priorities and the tasks that bring most ROI How to get control of your emails and avoid an overflowing inbox How to detect and prevent burning out How to reduce stress from client-imposed deadlines to virtually zero and much more!

This beautiful deluxe edition of #1 New York Times bestselling author Joyce Meyer's BATTLEFIELD OF THE MIND BIBLE contains all the same spiritual truths in a blue Euroluxe binding. Connecting the principles of Joyce's all-time bestselling book, Battlefield of the Mind, to the Bible, BATTLEFIELD OF THE MIND BIBLE enables readers to use the Word to overcome the battles within their minds. And now BATTLEFIELD OF THE MIND BIBLE is available in a special edition featuring a lovely, blue Euroluxe binding, gilded page edges, ribbon marker, and foil-stamped spine. Including 150 contemplative articles on "Winning the Battles of the Mind," 500 scripture-based articles called "Keys to a Victorious Life," and so much more, Joyce helps empower readers with God's strength through hundreds of prayers, thought-provoking questions, and thorough introductions to each book of the Bible. Readers will feel as though they have Joyce as their own personal study partner.

Twenty-four myths of marriage are exploded by a world-renowned psychologist/ marital therapist who has treated hundreds of relationships in over 25 years of practice. Full of practical examples and guidance for self-help readers who want to improve their own marriages.

Offers a revolutionary perspective on adversity that will empower you to cooperate with your own destiny, live a far more effective life, and heal even the deepest wounds of the heart.

Focusing on twenty major obstacles to effective time management, a guide to using time well offers practical solutions to the problem.

A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, Unbroken Brain, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, Unbroken Brain provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in The Washington Post, Vice Magazine, The Wall Street Journal, and The New York Times, in addition to multiple other publications. She has been interviewed about her book on many radio shows including Fresh Air with Terry Gross and The Brian Lehrer show.

Demonstrates the role of self-esteem in psychological health and presents six action-based practices that provide a foundation for daily life

Claves de la ciencia para la aventura de la vida sin las que podrías vivir pero peor. ¿Por qué somos como amamos? ¿Cómo convertimos la pareja en un intercambio de debilidades? ¿Por qué una mala persona no puede ser un buen profesional? ¿Cómo curamos los traumas con creatividad? ¿Por qué buscamos el éxito y no la felicidad? Lluís Amiguet revela en Homo Rebellis lo esencial de veinte años de lecturas y conversaciones con ciento treinta y cinco científicos y premios Nobel para entender las singularidades que nos hacen humanos y mejorar nuestra vida. ¿Por qué en el sexo nos atrae la misma supersimetría que ordena el universo? ¿Cómo podemos salir de una relación tóxica? ¿Por qué tenemos conciencia después de la muerte? ¿Por qué la prisa es el modo más rápido de perder el tiempo? ¿Por qué la humanidad necesita a los locos?

Delivered with the same wisdom that has made his previous books international best-sellers, the author shows readers how to find the balance and assertiveness they need to achieve the lasting and rewarding love they desire. (Family & Relationships)

Las mamás de teta grande somos las mujeres que entregamos hasta el último aliento para ver bien al otro. Muchas mujeres atravesamos por una crisis de prioridades: queremos ser la mejor esposa, madre, tía, compañera de trabajo, amiga y vecina; hacemos todo por los demás y nunca nos detenemos a pensar qué es lo que nosotras deseamos. Este libro es un revolcón emocional que nos hace reflexionar sobre cuestiones esenciales: ¿Estoy bien o, -pese a tenerlo todo-, siento un vacío existencial inexplicable? ¿Soy tan plena como creo? ¿Cómo me siento en realidad? ¿Disfruto de la vida tal y como la estoy viviendo? Las mamás de teta grande somos las mujeres que entregamos hasta el último aliento para ver bien al otro; mujeres que proveemos y resolvemos, que atendemos las necesidades de todos y ¡nos vemos bien felices! Pero, ¿en realidad lo estamos? Este libro inicia con una confesión: Soy Fernanda y soy mamá de teta grande. Acepto que me he descubierto resolviéndole la vida a la gente y que durante mucho tiempo estuve al final de mis prioridades. Hasta que comprendí y dije basta. Tú también puedes hacerlo.

Your quick and easy guide to chess Kings, queens, knights—does chess seem like a royal pain to grasp? Taking the intimidation out of this age-old pastime, Chess For Dummies, 4th Edition is here to help beginners wrap their minds around the rules of the game, make sense of those puzzling pieces, and start playing chess like a champ. From using the correct chess terminology to engaging in the art of the attack, you'll get easy-to-follow, step-by-step explanations that demystify the game—and give you an extra edge. Chess isn't a game you can master—it's an activity that requires patience, strategy, and constant learning. But that's all part of the fun and challenge! Whether you're playing chess online, in a tournament, or with a family member or friend, this hands-on guide gets you familiar with the game and its components, giving you the know-how to put the principles of play into action from the opening to the endgame. Grasp the principles of play and the nuances of each phase of the game Familiarize yourself with the pieces and the board Pick the perfect chess board and set Know each of the pieces and their powers If you find yourself in a stalemate before you even begin a game, this friendly book helps you put your chess foot forward!

Interior Freedom leads one to discover that even in the most unfavorable outward circumstances we possess within ourselves a space of freedom that nobody can take away, because God is its source and guarantee. Without this discovery we will always be restricted in some way and will never taste true happiness. Author Jacques Philippe develops a simple but important theme: we gain possession of our interior freedom in exact proportion to our growth in faith, hope, and love. He explains that the dynamism between these three theological virtues is the heart of the spiritual life, and he underlines the key role of the virtue of hope in our inner growth. Written in a simple and inviting style, Interior Freedom seeks to liberate the heart and mind to live the true freedom to which God calls each one.

For those who believe that there must be a more agile and efficient way for people to get things done, here is a brilliantly discursive, thought-provoking book about the leadership and management process that is changing the way we live. In the future, historians may look back on human progress and draw a sharp line designating “before Scrum” and “after Scrum.” Scrum is that ground-breaking. It already drives most of the world’s top technology companies. And now it’s starting to spread to every domain where leaders wrestle with complex projects. If you’ve ever been startled by how fast the world is changing, Scrum is one of the reasons why. Productivity gains of as much as 1200% have been recorded, and there’s no more lucid – or compelling – explainer of Scrum and its bright promise than Jeff Sutherland, the man who put together the first Scrum team more than twenty years ago. The thorny problem Jeff began tackling back then boils down to this: people are spectacularly bad at doing things with agility and efficiency. Best laid plans go up in smoke. Teams often work at cross purposes to each other. And when the pressure rises, unhappiness soars. Drawing on his experience as a West Point-educated fighter pilot, biometrics expert, early innovator of ATM technology, and V.P. of engineering or CTO at eleven different technology companies, Jeff began challenging those dysfunctional realities, looking for solutions that would have global impact. In this book you’ll journey to Scrum’s front lines where Jeff’s system of deep accountability, team interaction, and constant iterative improvement is, among other feats, bringing the FBI into the 21st century, perfecting the design of an affordable 140 mile per hour/100 mile per gallon car, helping NPR report fast-moving action in the Middle East, changing the way pharmacists interact with patients, reducing poverty in the Third World, and even helping people plan their weddings and accomplish weekend chores. Woven with insights from martial arts, judicial decision making, advanced aerial combat, robotics, and many other disciplines, Scrum is consistently riveting. But the most important reason to read this book is that it may just help you achieve what others consider unachievable – whether it be inventing a trailblazing technology, devising a new system of education, pioneering a way to feed the hungry, or, closer to home, a building a foundation for your family to thrive and prosper.

El placer es una experiencia íntima que es percibida de diferente manera por cada persona. Se conoce que hay estímulos cuya gratificación es intrínseca; no obstante, existe una gradación de sensaciones en torno a su percepción. Más allá de los estímulos que son placenteros por su importancia biológica, como el alimento o la actividad sexual, hay una inmensa gama de estímulos que adquieren un valor incentivo distinto en cada persona, ya que algunos los pueden percibir como placenteros y para otros pueden ser neutros o incluso aversivos. Es así como la mayoría de los estímulos no posee una valencia positiva o negativa absoluta; lo que les da esa cualidad es el efecto que producen en cada individuo de acuerdo con sus características intrínsecas, su estado funcional y emocional, así como el contexto en el que se presentan. La búsqueda del placer no siempre cae en el terreno de la regulación de funciones, ya que en ocasiones el organismo está expuesto a estímulos que originalmente pueden tener una función reguladora,

sin embargo, el exceso en su consumo o exposición puede ocasionar un fenómeno de desregulación y derivar en una afición exacerbada o incluso generar una conducta adictiva. En otros casos, el organismo está expuesto a estímulos que no cumplen ninguna función reguladora, pero producen una condición placentera de tal magnitud que, al inicio, su búsqueda y adquisición se hace con fines recreativos y después da como resultado un comportamiento adictivo. Este libro pretende proporcionar un panorama amplio de las manifestaciones de conducta asociadas a esa sensación básica e íntima denominada placer, así como de los factores neurobiológicos que la subyacen.

In 1968 University of California Press published an unusual manuscript by an anthropology student named Carlos Castaneda. The Teachings of Don Juan enthralled a generation of seekers dissatisfied with the limitations of the Western worldview. Castaneda's now classic book remains controversial for the alternative way of seeing that it presents and the revolution in cognition it demands. Whether read as ethnographic fact or creative fiction, it is the story of a remarkable journey that has left an indelible impression on the life of more than a million readers around the world.

A blistering new thriller about the horrors of war and the struggle to survive in the face of pure evil. Foreign correspondent Connie Burns is hunting a British mercenary that she believes is responsible for the rape and murder of five women in Sierra Leone in 2002. Two years later she finds him training Iraqi police in Baghdad. Connie is determined to expose his crimes, but then she is kidnapped and released after three days of unspeakable torture. Silently, she returns to England and attempts to isolate herself, but it soon becomes apparent that the horrors of the world and her own nightmarish past aren't so easy to escape from.

When you are assertive, you are actively exercising and/or defending your rights: saying no, expressing disagreement, giving a contrary opinion and/or expressing concrete negative feelings without submissively allowing yourself to be manipulated or aggressively violating the rights of others. If you are afraid of hurting other people's feelings by being honest, if you are not able to express your anger or a conflicting opinion in a way that is socially acceptable, or if you feel that others humiliate and manipulate you.

Este libro examina la relación entre cultura y seguridad ciudadana en ocho ciudades latinoamericanas. Incorpora en los diagnósticos, los análisis, las encuestas y las acciones un concepto de cultura amplio. Lo que más nos interesa de la cultura es su poder regulador. La distribución mundial de los homicidios y los suicidios muestra enormes diferencias entre países cuya explicación no puede sino reconocerle un peso grande a las diferencias culturales. La capacidad que tiene cada cultura de regular, interpretar y justificar o no ciertos comportamientos ofrece claves vitales para comprender y hacer frente a los problemas que confluyen en la actual crisis de seguridad ciudadana en América Latina. La impunidad cultural y la impunidad moral vienen a veces a sumar su efecto a la impunidad legal.

I have written this guide in order to help you create a space for reflection within your life and as a result develop emotional and cognitive strategies that can make you more resistant to love-sickness. Once you learn exactly why we absurdly equate love to suffering, you'll know how to avoid falling into the trap and learn to foster more adaptive schemes of behaviour. Through the concepts of philosophy, psychology and his 30 years plus of experience as a therapist, in the 39 chapters of this book, Walter Riso guides us through a model or scheme of reflection to help us understand the characteristics of a love that is good (healthy, coherent, constructive) and one that is bad (sick, incoherent, destructive).

Being emotionally independent does not mean that you have to stop being loving, It is about being the master of your own feelings, faithful to your own principles and never handing over your personal dignity to someone else in exchange for something, not even in the name of love. Do I love or do I depend? If this is a question you ask yourself, then this guide, based on the bestseller, To Love or to Depend? is for you. In it, Walter Riso teaches us, in a practical manner and without too much theory involved, the steps we need to take in order to be able to love without being emotionally dependent. He provides ideas and processes that will help you develop the right skills to deal with emotional dependency, prevent it and/or create a lifestyle aimed at emotional independence and affective detachment.

El privilegio de ser mamá soltera es la descripción de alguien cercano a millones de mujeres que viven circunstancias de retos y triunfos. La autora, su protagonista, es una representación de los anhelos de felicidad buscados en esta sociedad. Es también la expresión de un profundo dolor al chocarse con duras realidades que intentan obstaculizar un futuro que está a la espera; y es, además, el ejemplo de la valentía, del esfuerzo, del trabajo, de la fe y, de algo vital para acercarse a la plenitud: el amor. Es entonces, un símbolo de esas mujeres de carne y hueso, que viven, que lloran, que piden, que dan y que saben que la preocupación por la vida de otro, de un hijo, le da un sentido incalculable a la existencia de los seres humanos. De igual forma los hombres, que buscan comprender y acercarse a ese mundo femenino, maternal, que a veces les es extraño, tienen en este libro la posibilidad de mirar de frente las vidas que están bajo su responsabilidad y saber cómo sus actos pueden afectar, para bien o para mal, un destino en construcción. Esta inspiradora historia de vida llena de amor y esperanza, nos muestra claramente como siempre hay una luz al final del túnel, si tienes fe, pasión, amor, y ante todo, el coraje de buscarla Jaime Jaramillo. Papa Jaime Autor y Maestro Espiritual El amor de la madre hace milagros. Mireya lo experimenta al transformar su dolor en poderosas lecciones. Lecciones que ahora sirven de ejemplo a las muchas madres solteras, para salvarlas de sus tristezas y supuestas limitaciones. Es un libro emotivo, revelador y, sobre todo, inspirador. Liliana Marn/ Reportera, Autora y Periodista. Letra a letra, frase a frase, vuelan las páginas que, con la velocidad de un colibrí pintado de amor y esperanza, dejan al lector con un dulce sabor al leer la historia de una mujer valiente y apasionada. Mireya narra su trayecto, lleno de retos y pasiones inmortales, hacia el acontecimiento más sagrado que se pueda experimentar: ser mamá. Ricardo Chávez/ Actor, escritor y empresario.

"The greatest measuring rod of love in the life of a Christian may be forgiveness, because God showed His love to us in terms of forgiveness." ?John MacArthur Does anyone

really want to forgive? Or admit that we need forgiveness? Whether we're giving or receiving, forgiveness is hard. It seems unfair. It feels unnatural. And as best-selling author and pastor John MacArthur demonstrates, forgiveness apart from Christ is unnatural. It is only as we understand our need, Christ's power and example, and what it really means to love that we can embrace two of the most liberating acts of love: forgiving and being forgiven. The Truth About Series For decades MacArthur has encouraged countless Christians to develop a deeper understanding of the Bible and a greater respect for God's truth. In The Truth About series, he now gathers his landmark teachings about core aspects of the Christian faith in one place. These powerful books are designed to give readers a focused experience that centers on God's character and how it applies to their daily walk of faith.

Discover your innate empathic abilities with popular author Cyndi Dale as your guide. With this hands-on training course, you'll learn how to comfortably use empathy for better relationships and healing the self and others. The Spiritual Power of Empathy presents this often-unrecognized ability in accessible ways, allowing you to discover an expanded awareness of what empathy is, how it works, and the myriad ways it manifests. Develop deeper connections with your loved ones, use specialized techniques for screening and filtering information, and gain insights on how to overcome the difficulties empathes often face. With the power of empathy, you'll transform the way you live and connect with the world around you. 2015 IPPY Award Gold Medal Winner in New Age (Mind-Body-Spirit)

When will we learn? With every sunrise we are given plenty of new examples of people "Hitting Send" and soon regretting it. Social media means what it says: it is social! Our methods of communication today allow for something to potentially be broadcast to everyone from Pekin, Illinois to Peking, China. But it's not only Twitter fanatics who can find themselves in trouble. Every single one of us is capable of falling prey to this growing plague. Every day we have the potential of both verbal and written blunders. It makes no difference if we are talking to a stranger over a meat counter, chatting on a cell phone with our mother, or sending an e-mail to a coworker; we can and do miscommunicate and people can and do get the wrong idea. When we don't pause long enough to think before speaking or writing, it commonly yields a misunderstanding and leads to a clash. We end up being the person who said, "You know that sphere of the brain that stops you from saying something that you shouldn't? Well, I don't have one of those." This book is about preventing that misunderstanding and allowing for understanding. Said another way, preempting people from getting the wrong idea and enabling them to get the right idea! We all need work in this area in far more ways than just glancing through a checklist. From external examples to internal turmoil, Before You Hit Send is about the four things we must think through before communicating. In all things we wish to say or write, we would be wise to ask ourselves, Is it true? Is it kind? Is it necessary? Is it clear? When we ask and answer these four questions honestly, we will be thinking wisely before we speak. But to explore this fully, we need to find out a whole lot more about ourselves and uncover why we consciously and subconsciously get into these communication disasters to begin with. You may be surprised what you discover about yourself. Shall we begin?

¡Estás a solo un salto de alcanzar la felicidad! No hay que ser bueno, hay que ser feliz no es un libro al uso, es en sí una terapia completa para Dependientes Emocionales. La D.E. afecta a más del 50 % de la población, aunque muchos de los afectados ni siquiera son conscientes. Esta dolencia consigue atraer muchísima infelicidad y fomenta los patrones tóxicos de comportamiento en las relaciones -de cualquier índole-. La sociedad, la cultura, la manera de educarnos, las heridas emocionales que acarreamos de la infancia, las experiencias dolorosas, etc., son algunos de los ingredientes que favorecen que esta dimensión psicológica se convierta en un problema que debemos atender si queremos ser felices. Beatriz Lecuona, psicóloga experta en dependencias afectivas, ha trasladado en esta obra un método eficaz y sencillo con los recursos y herramientas adecuados para hacer frente a todas aquellas situaciones cotidianas que se nos escapan y nos generan un gran malestar, ya sea en forma de ansiedad, frustración, desmotivación, ira, depresión, miedos, etc. Este manual parte con un test único y exhaustivo para detectar el grado de Dependencia Emocional (el T.D.E.L., Test de Dependencia Emocional Lecuona) creado por la propia autora. Con esta prueba, el lector podrá contar desde el inicio del libro con una mayor claridad acerca de si su forma de actuar, de relacionarse con su entorno y de gestionar su vida y sus emociones pueden mejorarse. Siguiendo las pautas de esta guía, conseguirá dar el salto definitivo para conocerse, aceptarse y quererse, alcanzando un deseado estado de plenitud.

The #1 New York Times bestselling author of Beautiful Tempest and Make Me Love You brings her "mastery of historical romance" (Entertainment Weekly) to 1880s Montana where passions and gold fever run high as an American heiress turns to a rugged mountain man to help her locate her father's fortune. After a social whirlwind in London, Violet Mitchell is summoned back to Philadelphia only to discover her family living on the edge of financial ruin while their father seeks new wealth in Montana's gold fields. With the family's home and social standing at risk, Violet makes a drastic decision. Meanwhile, Montana rancher Morgan Callahan rode away from his family's cattle farm to make his own fortune. Now as he finishes exploiting a mother lode of silver, a young woman claiming to be his late partner's daughter turns up wanting to be taken to her father's mine. Suspecting that the pretty schemer works for the mining outfit that is trying to steal his land, he has no qualms about snatching her and holding her at his camp where she can do no harm. But he underestimated the new thorn in his side. Determined to claim what rightfully belongs to her family, Violet summons up the courage and grit to cope with the hazards and discomforts of an untamed land and the disturbingly masculine stranger who holds her fate in his hands. But an error of judgment brings down a hailstorm of danger that upends her plans and deepens her bond to a man who may turn out to be all she desires. With her signature "strong characters, humor, interesting plots—and, of course—romance" (The Cincinnati Enquirer), Johanna Lindsey crafts another irresistible and adventurous love story.

Fidelity is not the absence of desire, but rather the product of will and conscious decision. In other words, fidelity is self-control and timely avoidance. When we suspect that we may end up liking someone in that way or when we feel the first tingle of attraction and we don't want to be unfaithful, the best option is to turn away from temptation and avoid playing with fire at all costs. In this guide, Dr. Walter Riso provides a number of indispensable steps to help us understand infidelity from its different perspectives. He also outlines a number of strategies that can help us identify whether infidelity has become a part of our sentimental relationship with our partner.

Reiki is among the most popular esoteric paths of perception today. This book is for everyone who would like to become informed about the possibilities offered by Reiki on the basis of exercises that are easy to learn.

Maria Margarita is a young girl from a small Chilean village who is famous for her strange gift of recreating the stories of movies. When a new film comes to town - whether the latest Marilyn Monroe or Gary Cooper or a Mexican musical - the villagers pay her to watch the movie so that she can tell them all about it on her return. Tender, magical and moving, Hernan Rivera Letelier tells the nostalgic tale of South American village cinemas in their full glory.

"Activating your self-love is the first step towards any type of psychological growth and personal improvement. Of course I am not talking about the dark side of self-esteem, which leads to narcissism and fascination with the ego, but rather about having a genuine ability to, fearless and unashamedly, recognize your strengths and virtues, integrate them into the development of your own life..." In this guide, Dr. Walter Riso teaches us about the tools we need to help bolster our self-esteem; he teaches us to feed our self-love, freeing us from dependencies and stripping away all those things that weigh heavily on us. This, in turn, enables us to build our own happiness.

Updated with a new foreword and revised text, a twentieth anniversary release of a top-selling reference counsels women on how to end destructive cycles of co-dependence and misogyny, in a guide that shares case histories of women who have ended or improved relationships with emotionally unavailable, addicted, or unfaithful partners. Reprint. 50,000 first printing.

"Amar ou depender?" é um guia para os primeiros passos em direção a uma vida amorosa saudável, plena e feliz. Neste livro, o psicólogo Walter Riso identifica quando uma relação torna-se doentia, conceituando a dependência afetiva e expondo o limite entre o amor e o vício. Para o autor, a base da autoestima é a independência afetiva – muitas vezes erroneamente percebida como "falta de amor", mas que constitui o princípio básico da relação saudável. Ao final do livro, são apontados exercícios práticos para desligar-se de uma vez por todas de um relacionamento doentio e estratégias para se iniciar uma vida nova.

Osho is one of the best-known spiritual teachers of our time. The Sunday Times named him one of the '1,000 makers of the twentieth century'; the novelist Tom Robbins has called him 'the most dangerous man since Jesus Christ'. Nearly two decades after his death in 1990, the influence of his teachings continues to grow, reaching seekers around the world. This inspiring compendium of spiritual wisdom and insight offers a way for everyone to access the enlightening message of the Buddha as Osho offers his unique take on his teachings, with a wisdom and wit that make it a wonderful read. When you engage with Osho's writing, you feel as if he is speaking to you. His conversational style is fluid and engaging, and while his acute perception often comes as a delight and a surprise, his shrewd insights will stay with you always. Whether he is discussing a complex philosophy, or the teachings of a great mystic, Osho always approaches the subject with his own distinctively irreverent, thought-provoking and inspiring perspectives. Covering subjects including Belief, Responsibility, Relationships, Doing Good and the Power of Consciousness, this is a book that offers real insight into leading a more spiritual life now.

Vivimos para amar. Por eso nuestros mayores frustraciones secretas provienen del desamor. Este es un documento práctico, honesto, con argumentos desafiantes sobre amor y sexualidad. Proporciona estrategias inteligentes para librarse del maltrato emocional, sanar las heridas secretas e inyectar pasión a las relaciones de pareja. Contiene retos específicos (por separado) para hombres, mujeres, solteros y casados.

¡Ya Basta! es la autobiografía de una mujer con discapacidad visual que, como muchas en nuestro país, tristemente se vio inmersa, desde muy temprana edad, en el círculo de la violencia familiar marcada por el abuso físico, emocional, verbal y económico.

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