



Con el amor no basta (Spanish Edition)

Aaron T. Beck

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Todos sabemos que la idealización inicial de un marido o una esposa puede conducir a la desilusión posterior; que un conyuge que imponga reglas y expectativas rígidas siempre acaba resultando frustrante, y que la irritación y la hostilidad son la consecuencia ineludible de una mala comunicación. Pero a veces no acertamos a percibir estos problemas en nuestras propias relaciones de pareja. Este libro es un espejo en el que reflejarnos a nosotros mismos y nuestras vidas afectivas sin máscaras ni disfraces, con total sinceridad. Las pautas para que aprendamos a manifestar nuestras necesidades y a ser capaces de hablar con nuestra pareja escuchando realmente lo que dice. realmente lo que dice.

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