

Download PDF Online Book Cuando Amar Demasiado Es Depender - Silvia Congost Provensal Free eBook PDF/ePub/Mobi



Download PDF Online Book Cuando amar demasiado es depender Silvia Congost Provensal Free eBook PDF/ePub/Mobi, ¿Estás atrapado en una relación de pareja en la que no eres feliz? ¿Crees que has perdido el control de tu vida y que estás condicionado por tu pareja? ¿Sientes que te has perdido a ti mismo o que ni tan solo recuerdas cómo eras antes de conocerle? Si es así probablemente sufres dependencia emocional.

Sabemos que en una relación de pareja nunca hay garantías, pero algunas personas se enganchan, generan vínculos tóxicos con el otro y, sin darse cuenta, empiezan a perder el control de su propia vida. Quienes padecen dependencia emocional tienen un concepto erróneo del amor y creen que éste va ligado siempre al sufrimiento. Por ello, dejan de ser quienes eran, su vitalidad se apaga, sus ilusiones desaparecen y toda su vida gira en torno al otro. Esa persona con la que ni siquiera son felices.

Silvia Congost, psicóloga especializada en el tratamiento de la dependencia emocional, te ofrece un manual que te ayudará a tomar conciencia de cuál es la situación en la que te encuentras y, de una manera clara y cercana, te guiará para encontrar tu fuerza interior, la única que te permitirá liberarte de tu situación de dependencia y empezar a caminar hacia tus verdaderos propósitos.

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