

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

“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.

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

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.

“Over a decade after its publication, one book on dating has people firmly in its grip.” —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

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.

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?

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.

Entregarse afectivamente no implica desaparecer sino integrarse en el otro. El amor sano es una suma de dos en la que nadie pierde. Sin embargo, millones de personas en todo el mundo son víctimas de relaciones amorosas inadecuadas y no saben qué hacer al respecto, ya que el miedo a la pérdida, a la soledad o al abandono contamina el vínculo amoroso y lo vuelve altamente vulnerable. Un amor inseguro es una bomba que puede estallar en cualquier momento y lastimarnos profundamente. En ¿Amar o depender?, Walter Riso, uno de los más conocidos autores de autoayuda, nos enseña a que sí es posible vivir con independencia y aun así seguir amando, eliminando las ataduras psicológicas y manteniendo vivo el fuego del amor. La adicción afectiva es una enfermedad que tiene cura y, lo más importante, puede prevenirse. Este revelador libro pretende ayudar a aquellas personas que son o han sido víctimas de un amor malsano y guiar a las parejas sanas para que sigan trabajando en la costumbre de amar intensamente y sin apegos. --P. [4] of cover.

The 2020 edition of the WWDR, titled 'Water and Climate Change' illustrates the critical linkages between water and climate change in the context of the broader sustainable development agenda. Supported by examples from across the world, it describes both the challenges and opportunities created by climate change, and provides potential responses - in terms of adaptation, mitigation and improved resilience - that can be undertaken by enhancing water resources management, attenuating water-related risks, and improving access to water supply and sanitation services for all in a sustainable manner. It addresses the interrelations between water, people, environment and economics in a changing climate, demonstrating how climate change can be a positive catalyst for improved water management, governance and financing to achieve a sustainable and prosperous world for all. The report provides a fact-based, water-focused contribution to the knowledge base on climate change. It is complementary to existing scientific assessments and designed to support international political frameworks, with the goals of helping the water community tackle the challenges of climate change, and informing the climate change community about the opportunities that improved water management offers in terms of adaptation and mitigation.

The Princess Who Believed in Fairy Tales is an enchanting and inspiring modern-day story set in olden times that symbolizes the journey we all take through life as we sort out illusion from reality, come to terms with our childhood dreams and pain, and discover who we really are and how life works.

The landmark bestseller that changed the way we think about love: "Every line is packed with common sense, compassion, and realism" (Fortune). The Art of Loving is a rich and detailed guide to love—an achievement reached through maturity, practice, concentration, and courage. In the decades since the book's release, its words and lessons continue to resonate. Erich Fromm, a celebrated psychoanalyst and social psychologist, clearly and sincerely encourages the development of our capacity for and understanding of love in all of its facets. He discusses the familiar yet misunderstood romantic love, the all-encompassing brotherly love, spiritual love, and many more. A challenge to traditional Western notions of love, The Art of Loving is a modern classic about taking care of ourselves through relationships with others by the New York Times–bestselling author of To Have or To Be? and Escape from Freedom. This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author's estate.

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.

"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.

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.

An empowering journey through the mechanisms of the mind from one of the world's leading mental health experts. For those in pursuit of a better life, psychiatrist Marian Rojas Estapé presents the essential guide to neuroscience-driven mindfulness. Understanding your brain, managing your emotions, and being aware of your responses to stressors can give you greater self-control. Rather than a gimmicky guidebook, this is a thorough look at how our brains react to stress, threats, hyperstimulation, and the vices of our digital age. With proven techniques backed by solid, up-to-date psychiatric research, Estapé teaches us how to make the best of our lives. Combining science, psychology, and philosophy, Estapé delivers practical advice about how we can cultivate a happy existence. This includes understanding the parts of the brain, setting healthy goals and objectives, strengthening willpower, cultivating emotional intelligence, developing assertiveness, avoiding excessive self-criticism and self-demand, and mastering the proven art of optimism.

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.

In my process of forgetting some doors opened inside me and this book came to life, day after day, I face the other part of me that has your shadow stuck on your heels. I was trampling my independence for insecurities that tied me to your false image. I want you to read each line so when you try to find me, remember that I won't answer. Excuse me, I forgot to thank you because after all... Thank to you and our unsuccessful story, we will help those who don't know how to leave and cling to the wrong people by calling them: love. 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.

¡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.

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.

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!

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.

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.

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.

When Lieutenant Charles Acland is flown home from Iraq with serious head injuries, he faces not only permanent disfigurement but also an apparent change to his previously outgoing personality. Crippled by migraines, and suspicious of his psychiatrist, he begins to display sporadic bouts of aggression, particularly against women, especially his ex-fiancee who seems unable to accept that the relationship is over. After his injuries prevent his return to the army, he cuts all ties with his former life and moves to London. Alone and unmonitored, he sinks into a private world of guilt and paranoid distrust ...until a customer annoys him in a Bermondsey pub ...

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.

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.

The Five Levels of Attachment picks up from where Don Miguel Ruiz, Jr's father's book, The Four Agreements, left off. Building on the principles found in his father's international bestseller (2.5 million copies sold in the US), Don Miguel explores the ways in which we attach ourselves inappropriately to beliefs and the world. This is ancient wisdom for finding your true self. Ruiz explores the five levels of attachment that cause suffering in our lives. The five levels are: • Authentic Self • Preference • Identification • Internalization • Fanaticism Accessible and practical, The Five Levels of Attachment invites us to look at our own lives and see how an unhealthy level of attachment can keep us trapped in a psychological and spiritual fog. He then teaches us to reclaim our true freedom by cultivating awareness, detaching, and discover our true selves.

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.

Uziel no sabe qué carrera profesional estudiar. Se toma un tiempo para pensar y busca un empleo. Se involucra en prácticas de corrupción y termina en la cárcel; viviendo la peor pesadilla de su vida, reflexiona en los errores que cometió y va descubriendo terribles secretos de su pasado. Rodeado de ratas, a punto de morir, sabe que debe tomar una decisión urgente. Ésta es una novela hipnótica, de enigmas y acelerado suspenso. Los protagonistas son jóvenes que planean su futuro y se encuentran con dilemas de importancia vital. Contiene también un análisis de profesiones, indispensable para elegir una carrera o cambiar de empleo, así como diez pruebas fundamentales que nos ayudarán a descubrir nuestras habilidades y talentos. Leer este libro es una decisión crucial que puede cambiar la vida de cualquier JOVEN o adulto.

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?

¡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.

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.

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).

¿Amar o depender? cómo superar el apego afectivo y hacer del amor una experiencia plena y saludable

Entregarse afectivamente no implica desaparecer en el otro, sino integrarse de manera respetuosa. El amor sano es una suma de dos, en la cual nadie pierde. En este libro, el reconocido Walter Riso, ofrece una manera de ayudar a aquellas personas que son o han sido víctimas de un amor malsano y guiar a las parejas aún no contaminadas para que sigan trabajando en la sana costumbre de amar intensamente y sin apegos. La adicción afectiva es una enfermedad que tiene cura y, lo más importante, puede prevenirse.

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.

Susan Cain, New York Times bestselling author of Quiet: "The world could surely use a little more love, a little more compassion, and a little more wisdom. In Love for Imperfect Things, Haemin Sunim shows us how to cultivate all three, and to find beauty in the most imperfect of things--including your very own self." A #1 internationally bestselling book of spiritual wisdom about learning to love ourselves, with all our imperfections, by the Buddhist author of The Things You Can See Only When You Slow Down Hearing the words "be good to yourself first, then to others" was like being struck by lightning. Many of us respond to the pressures of life by turning inward and ignoring problems, sometimes resulting in anxiety or depression. Others react by working harder at the office, at school, or at home, hoping that this will make ourselves and the people we love happier. But what if being yourself is enough? Just as we are advised on airplanes to take our own oxygen first before helping others, we must first be at peace with ourselves before we can be at peace with the world around us. In this beautiful follow-up to his international bestseller The Things You Can See Only When You Slow Down, Zen Buddhist monk Haemin Sunim turns his trademark wisdom to the art of self-care, arguing that only by accepting yourself--and the flaws that make you who you are--can you have compassionate and fulfilling relationships with your partner, your family, and your friends. With more than thirty-five full-color illustrations, Love for Imperfect Things will appeal to both your eyes and your heart, and help you learn to love yourself, your life, and everyone in it. When you care for yourself first, the world begins to find you worthy of care.

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)

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.

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