

Liberate De La Codependencia Nva Ed

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te atraen las relaciones con personas egocntricas frías que no te comprenden o te utilizan tienes miedo de mostrar a los demás si no eres en realidad pues piensas que te podran rechazar por ello antepones las necesidades de los demás a las tuyas propias de modo que nunca logras satisfacer tus necesidades te invade el pánico cuando alguien a quien quieres te deja o te amenaza con ello te sientes constantemente preocupado por los desastres naturales por perder todo tu dinero por contraer alguna enfermedad grave o por tener un accidente de aviación te sientes inutil comparado con las personas que te rodean crees que independientemente del éxito que tengas te sentirás siempre infeliz insatisfecho o indigno de todo sacrificas tu propia relajación y las cosas que te gustan por intentar convertirte en el mejor relaciones insatisfactorias ausencia irracional de autoestima sentimientos de insatisfacción en todos estos problemas se pueden resolver a través del cambio en los tipos de mensajes que las personas interiorizamos para ello dos psicólogos muy respetados jeffrey young y janet klosko recurren a los avances de la terapia cognitiva con el fin de ayudarte a identificar y cambiar tus patrones negativos de pensamiento sin la ayuda de psicofármacos o de la terapia tradicional a través de tests y consejos varios ofrecen una serie de sugerencias que nos pueden ayudar a liberarnos de estas trampas y el resultado es un libro generoso y apasionante que ayudará al lector tanto a solucionar sus problemas emocionales más apremiantes como a llevar una vida más satisfactoria y productiva

p se puede empezar por echar una mano de vez en cuando pero si ese afán de ayuda se agudiza en extremo puede llegar a convertirse en patológico uno pone a otra persona por encima de todo incluso del propio bienestar para que las relaciones con los demás sean sanas deben ser equilibradas p p este libro ofrece no solo una brillante aproximación esclarecedora a la codependencia y sus causas sino también y lo que es más importante un detallado camino para salir de ella superar la codependencia explica todo lo que esta significa sus síntomas y los factores que contribuyen a su desarrollo p p da pautas para reconocer la conducta codependiente fijar unos límites sanar las relaciones romnticas y aumentar tu autoestima los ejercicios que se proponen en cada capítulo son un espacio para que pienses en ti de modo que puedas ver la situación en que te encuentras con una mirada objetiva y desde ahí adquirir una nueva perspectiva sobre tu propia vida p

has sufrido alguna vez por desamor te has sentido afectado por los problemas enfermedades o adicciones de un ser querido te preocupa en extremo una crítica o un rechazo has procurado utilizar una relación de pareja para llenar un vacío o interno has evitado romper relaciones de amistad o de pareja a pesar de que te perjudicaran tu energía y tu ánimo suben o bajan según lo que hagan o digan otros este libro pretende ayudar al lector a relacionarse con los demás de una forma sana y con desapego sin aferrarse a nada ni a nadie trata de cómo aprender a querer a los demás sin perder la confianza en uno mismo siempre en términos de igualdad y respeto todo ello desde la perspectiva de quien conoce bien este proceso de evolución porque lo ha vivido

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