



Comenzar de nuevo (Spanish Edition)

Manuel Turrent, Tere Díaz

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Las relaciones de pareja se han transformado: el sueño del "amor eterno" se ha desvanecido y la promesa de "hasta que la muerte nos separe" se complica en un mundo donde el promedio de vida humana supera los 70 años...

Aun entendiendo la complejidad del amor, terminar una relación es un evento doloroso. Una ruptura amorosa es una especie de "intervención quirúrgica" que afecta todas las áreas de nuestra vida y que por tanto requiere de una convalecencia y una recuperación. Para atravesar este proceso no existe otro camino que el de COMENZAR DE NUEVO. Pero ¿Comenzar qué? ¿Cómo? ¿Solos? ¿Con quién?

Tere Díaz y Manuel Turrent, con años de estudio y de trabajo profesional, nos muestran un camino de recuperación para emprender este recorrido. Habiendo atravesado su propio rompimiento amoroso y tras acompañar en el consultorio y en sus talleres a muchas personas a tomar la decisión de terminar una relación amorosa, a actuar para concretar su decisión y a atravesar el proceso incluso hasta la firma del divorcio, nos comparten los pasos necesarios para salir bien librados de esta experiencia.

Atravesar el duelo, vencer la soledad, crear redes de apoyo, incursionar en nuevas relaciones eróticas y amorosas para finalmente elegir el camino personal, es la invitación de COMENZAR DE NUEVO, con la confianza de que el lector con este texto ágil y ligero, se adueñará de ideas y herramientas que le abrirán la puerta experiencias ricas, interesantes, y a una vida mejor.

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