



Ama y no sufras: Cómo disfrutar plenamente de la vida en pareja (Spanish Edition)

Walter Riso

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El amor es la emoción más arrebatadora y vital de la existencia humana. Renunciar a él es vivir sin intensidad o no vivir. Entonces, ¿por qué sufrimos tanto por amor? Esta obra es un examen serio y riguroso en el que Walter Riso descubre los tres pilares fundamentales de toda relación sana y gratificante: deseo, amistad y compasión. El autor analiza la evolución natural de estos elementos a lo largo de la vida en pareja y sus posibles desequilibrios. Las soluciones que propone son una invitación a disfrutar del sentimiento amoroso sin dejar de lado la razón. Ama y no sufras aborda los imaginarios sociales acerca del amor ideal y la dependencia afectiva que generan. Sin embargo, desde un punto de vista realista, es posible dejar de estar solo y bien acompañado.

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