



Así eres, así amas (Psicología) (Spanish Edition)

Arantxa Coca

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No es fácil encontrar pareja y menos aún conservarla. Todos buscamos el amor, pero ¿sabemos qué hacer con él una vez creemos haberlo encontrado? Queremos dar nuestro cariño a alguien, pero ¿cómo lo hacemos? Deseamos que alguien nos dé su amor, pero ¿sabemos recibirlo? ¿Cómo se vive en la práctica una relación amorosa?

Lo que Arantxa Coca, experta en relaciones de pareja y familia, ofrece en este libro es el resultado de sus observaciones a lo largo de muchos años como terapeuta y asesora de múltiples programas televisivos dedicados a las relaciones amorosas, no solo apoyándose en lo que la persona le cuenta, sino «colándose» en las casas para ser testigo directo de su convivencia. Una de sus conclusiones es que en numerosas ocasiones los problemas vienen del papel que uno adopta en la pareja, del rol que juega en ella.

Así eres, así amas permitirá a los lectores descubrir por sí mismos cómo son y cómo entienden las relaciones amorosas, en aras de lograr que esta sea sana y feliz.

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