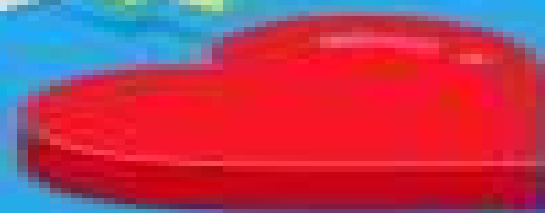


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Remedios para el desamor. Nueva edición ampliada y actualizada Enrique Rojas, 2011-08-05 Un libro imprescindible para afrontar y superar las crisis afectivas y construir unas relaciones más sólidas y duraderas Descubre cómo enfrentar las crisis de pareja y fortalecer tus relaciones La crisis de pareja constituye un rasgo característico de la sociedad actual Se trata de un fenómeno que crece día a día en la mayoría de los países Desde su experiencia médica y humana Enrique Rojas uno de los psiquiatras más conocidos de nuestro país analiza este problema a partir de las raíces del mismo la correcta o incorrecta elección amorosa y la esencia del enamoramiento Tras examinar los ingredientes del amor conyugal así como las claves y dificultades que se van planteando en la convivencia se adentra en el complejo mundo de las rupturas amorosas y nos ofrece una serie de remedios para el desamor

Remedios para el desamor Enrique Rojas, 1998 REMEDIOS PARA EL MAL DE AMORES ANGELES RUBIO, 2006-11-02 El mal de amores es algo más que un mal trago Es el signo de nuestros tiempos el de la incomprensión entre los sexos el egoísmo complaciente de la sociedad de consumo la soledad y la pérdida de referentes de una modernidad centrada en la razón económica y la competencia que nos ha dejado en un mundo sin corazón Es por ello que cuando más esperamos del amor mayores son los riesgos la desolación y la perplejidad que nos asiste ante su pérdida cuestionando los propios cimientos de nuestras vidas Su autora y el equipo de profesionales que colaboran en este libro desde la sociología a la psicología a la antropología y la psiquiatría como también la música y la literatura han pretendido explicar la problemática de las relaciones amorosas contemporáneas y las distintas fórmulas disponibles para superar sus males de la manera más placentera El resultado un tributo a la memoria colectiva del mal de amores y a la esperanza Angeles Rubio es doctora en Sociología y profesora en Ciencias de la Comunicación en la Universidad Rey Juan Carlos de Madrid Autora de más de diez libros sobre cambio social ha contado con múltiples becas institucionales y premios de ensayo y a la investigación siendo la última sobre sexualidad y adolescencia Colaboradora en distintos medios mantiene la comunicación con sus lectores y lectoras a través de conferencias y su página web www.angelesrubio.net

Sexualidad en la generación del rollo Natalia Barcáiztegui Jadraque, 2022-05-15 Vivimos en una sociedad en la que en materia sexual todo vale Pero el ser humano necesita valores que organicen y guíen su conducta para no vivir solo al ritmo de sus pasiones El amor y la sexualidad lo define cada uno según los impulsos de su corazón O hay tal vez una forma de entenderlos que nos ayude a vivirlos en plenitud Es el cuerpo una expresión de la propia intimidad Cómo amar con el cuerpo integrando las emociones y la persona en su totalidad Los comportamientos en materia sexual han cambiado El contexto actual facilita relaciones en las que el compromiso se limita al rollo de una noche donde el contacto sexual es el único vínculo de unión Si le pedimos más al amor se hace cada vez más necesario aprender a gestionar las pasiones Desde su honda experiencia la autora ofrece numerosos consejos para lograrlo

La sinergia del amor Alejandro Ortega Trillo, 2024-12-09 La sinergia del amor cómo vivir tu matrimonio a plenitud es una obra que invita a redescubrir el valor del matrimonio y la posibilidad de vivirlo por encima de

sus desafíos Tras abordar los aspectos esenciales de la vida en pareja desde la atracción y la intimidad hasta la superación de conflictos ofrece una perspectiva práctica y profunda sobre la relación conyugal Combinando ciencia sabiduría y experiencia este libro propone estrategias para fortalecer la unión y alcanzar una vida matrimonial más plena y satisfactoria **What Are My Chances?** Vicente (Tex) Hernandez, 2025-04-03 This book emphasizes the significance of meaning in the choices we make Life Management is more than just handling personal projects it's a holistic approach to balancing and improving all areas of life to achieve overall well being and fulfillment Age influences how we plan younger people must turn their imagination into achievable steps while older individuals often face uncertainties Regardless of age thoughtful planning is key to turning dreams into reality with each stage requiring a different approach Along the way we may sometimes lose direction but we need to address this now because life is short If we don't organize our lives we risk feeling lost disoriented and uncertain about what to expect **¿Quieres ser feliz? Claves para conseguir la felicidad verdadera** Manuel Álvarez Romero, 2017-10-16 El anhelo de ser felices siempre embarga al hombre de todas las épocas En esa búsqueda hoy en día el camino se hace más laborioso que en tiempos pasados Ahora los reclamos publicitarios del vivir y las mil direcciones que se nos ofrecen como posibles deslumbran más vivamente frente a las señales que nos orientan hacia los asuntos decisivos para la propia vida La autoestima está de moda hace ya varias décadas Es más en la actualidad se educa para el éxito social más que para enseñar a caminar en busca de la sabiduría De ahí que sea preciso enseñar o rectificar esa orientación hacia la correcta autoestima Disponer de sólidos referentes y de una correcta y clara cartografía del vivir a la vez que poder cultivar la madurez artesanal de cada persona contando con la sabiduría y el amor son tareas altamente necesarias en todos los ámbitos de nuestro tiempo En la familia en todos los niveles de la escuela infantil o el colegio en los clubes y centros recreativos o de ocio este libro servir de sugerente amena y clara guía para conducir a buen puerto a las nuevas generaciones También ayudar a padres educadores profesores jóvenes y adultos de nuestros días a disfrutar de la seguridad del buen camino y paladear la felicidad de los frutos cosechados Este libro es una renovada y más extensa versión de aquel otro Claves para mejorar nuestra autoestima que el autor escribiera hace ya bastantes años Las nuevas experiencias profesionales las novedades en la neurociencia las aportaciones de las tecnologías y el vertiginoso cambio en la sociedad han condicionado la necesidad de este nuevo texto Veinte años casados, ¿y ahora qué.....amor, adaptación o conflicto? Carmen Candela Belda y Manuel Álvarez Romero, 2017-09-17 Hablamos de los 20 años de casados En efecto Y muchos añaden los de noviazgo Pues vale Pero hemos de puntualizar que no es el 20 un número mágico en sentido alguno Para muchos 20 años no es nada y para otros en 20 años todo ha cambiado Suele ser la etapa conyugal en que se alcanzan los cuarenta y poco los hijos salen de casa o nos necesitan menos aparentemente el nivel profesional alcanza su cenit se vislumbra el que sólo se vive una vez la economía ya alcanzadas buenas cotas etc Es un momento que llama a la crisis a la necesidad de renovar el amor de apartar la rutina que se apega a la vida del día a día y que exige nuevos ardores manifestaciones y contrarrelaciones En los estudios sociológicos que analizan las

recientes y sorprendentes cifras de rotura matrimonial se detecta como uno de los dos periodos de especial vulnerabilidad para la continuidad de la pareja. Esos periodos, la ruptura y la cada vez mayor facilidad legal para consumarla, disparan las cifras hasta extremos increíbles. Con la banalización psicológica y social del compromiso matrimonial son abundantes los elementos disolventes que afectan a la vida conyugal y familiar. Al mismo tiempo apreciamos las consecuencias de tantos matrimonios que saltan por los aires, hombres y mujeres descalabrados, hijos descentrados por la psicopatología, las adicciones o el fracaso escolar, jóvenes que no pueden creer en el matrimonio o en la fidelidad porque así quedó impreso en las carnes de su propia memoria, etc. Es una etapa de la vida, cinco años por encima o por abajo, en que es oportuno echar cuentas y reparar la propia vivencia familiar si es que lo requiere. Y posiblemente haya que empezar por reenamorarse. **Hispanic Books Bulletin**, 1992. *El problema del amor* Fernando López Luengos, 2021-10-01. Debo ser la más tonta del instituto, pues todos los chicos con los que he salido me han engañado. Con esa chica ya no siento nada, pero me dejó llevar por ella hacia las relaciones sexuales. Por qué ya no sentimos lo que sentíamos al principio. Como pretendo arreglar los problemas con mis hijos, con mi marido, con mi compañero del trabajo. El profesor Fernando López Luengos, parte de estas y otras inquietudes y preguntas muchas planteadas por alumnos suyos a lo largo de su amplia trayectoria como docente para explicar en un breve ensayo a modo de guía cómo funcionan y se desarrollan la afectividad y el amor en sus diferentes dimensiones y etapas. Para esta tarea se apoya en grandes maestros de la psicología y la espiritualidad como M. José de Ben José Rivera o Juan José Rubio, entre otros, así como en un trabajo de profundización personal en el ámbito de la neurociencia, la psicología y la filosofía que nos aporta luz sobre la cuestión del amor. López Luengos aborda situaciones en las que la inmensa mayoría de los lectores se podrán ver reflejados para identificar qué nos hace actuar de esa manera y así llegar a gente a la que he visto con ansia de luz sobre temas tan confusos como la propia psicología y el amor. Pues las deficiencias en nuestro psiquismo actúan como obstáculos para el amor. Y las deficiencias en el amor delatan las carencias de nuestro psiquismo.

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