

UNA NUEVA MANERA DE ENTENDER LA SEXUALIDAD EN LA VEJEZ



Es importante lograr la aceptación positiva
de los procesos de envejecimiento
reforzando la autoestima



El envejecimiento activo pone el foco en
el potencial de adaptación, en el cambio y la
capacidad de aprender y crecer



La sexualidad no desaparece, adopta formas
distintas y se expresa de modos diferentes



Las vivencias sexuales no tienen por qué
sufrir un deterioro significativo si se aceptan
los cambios y la actividad sexual



Sexualidad En La Vejez Psicologia

M Tight



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