



Me enamoré del hombre perfecto (Spanish Edition)

Saralí Valdes

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Decir adiós a una historia de amor es una prueba complicada, pero también es una oportunidad de renacimiento, de hacer cosas nuevas y fortalecer el espíritu. En este libro Sarali Valdes nos recuerda que las relaciones de pareja deben tener su fundamento en el amor, la admiración y el respeto; cuando éstas son fragmentadas viene la decepción, y con ella sentimientos de tristeza y frustración que parecen insuperables, pero no lo son. La decepción amorosa suele surgir por promesas no cumplidas, expectativas limitadas, planes pospuestos, falta de compromiso y entrega por parte del otro; explica la especialista, quien agrega que, cuando una relación se ha fracturado por falta de estos elementos, más vale llorar unos días que vivir muchos de manera insatisfecha.

Este libro exhibe el drama que subyace a la relación narcisista-dependiente ya que ésta se basa en un enamoramiento que ciega a la dependiente y en esa imagen autoexaltada de perfección que construye el narcisista para sobrevivir.

Gran relato, nos dice Óscar Benassini, que termina por mostrar estos dos tipos de personalidad para que la gente tome conciencia y decisiones más conscientes sobre el lugar al que quieren llegar como pareja.

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