



# **Ama y no sufras: Cómo disfrutar plenamente de la vida en pareja (Biblioteca Walter Riso) (Spanish Edition)**

*Walter Riso*

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*“Las concepciones erróneas del amor son una de las principales fuentes de sufrimiento afectivo.”* Walter Riso

De acuerdo con el exitoso psicólogo Walter Riso, se sufre demasiado a causa del amor. En efecto, existe una gran cantidad de dolor inútil que empaña las relaciones de pareja, convirtiéndolas en una experiencia desagradable y a veces traumática.

Este libro demuestra hasta qué punto este sufrimiento innecesario se alimenta de las creencias equivocadas, las expectativas poco realistas y el sentimentalismo ingenuo que suele rodear el mundo de las emociones. La propuesta del autor consiste en armonizar las tres dimensiones afectivas (eros, philia y ágape) con el fin de crear un equilibrio vital que permita no sólo mantener a raya la angustia, el temor y el desasosiego, sino también potenciar la alegría, el placer y la comunión con el otro. Este libro define dichas dimensiones y muestra la manera de conciliarlas en la vida cotidiana.

Walter Riso es psicólogo, especialista en terapia cognitiva y magister en bioética. Desde hace veintiocho años trabaja como terapeuta, labor que alterna con el ejercicio de la cátedra universitaria, la realización de investigaciones en la práctica clínica y publicaciones científicas y de divulgación psicológica. Actualmente es profesor de terapia cognitiva en diferentes facultades de psicología en Latinoamérica y España y es presidente honorario de la Asociación Colombiana de Terapia Cognitiva.

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