



Convivir no es de locos (Spanish Edition)

Raül Córdoba

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Convivir no es de locos. Al revés. Convivir significa mejorar la relación con nosotros mismos a fin de superar todos aquellos pensamientos, sentimientos y creencias negativos que nos impiden relacionarnos satisfactoriamente con los demás.

Sin embargo, en ocasiones este camino de encuentro resulta complejo, arriesgado e incómodo. Incluso puede llevarnos a enfrentarnos con el mayor de nuestros temores: el temor al rechazo y el abandono.

Pero transitarlo siempre vale la pena, porque las personas que nos rodean, con sus diferencias y sus similitudes, no solo constituyen una de las fuentes más ricas de nuestro conocimiento del mundo, sino que también nos conducen a la comprensión de nosotros mismos: el Otro soy Yo.



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