



Dos para ser felices (Spanish Edition)

Lucía Nader

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Nadie duda de lo importante que son las terapias de pareja para ayudar a hombres y mujeres a mejorar su relación en estas épocas de divorcios y separaciones, pero ¿cuántos tienen el tiempo y el dinero para acceder a ellas? *Dos para ser felices* es una guía práctica para todos aquellos que quieren fortalecer su amor de la mano de psicólogas expertas. Este libro no es una lectura más, es un espacio de trabajo para que juntos construyan una visión clara de lo que esperan y desean obtener de su relación, con metas y expectativas realistas, basados en el conocimiento de las fortalezas y limitaciones de cada uno, en la identificación de los problemas que tienen como conjunto y en la dirección que desean dar a sus vidas. A partir de casos, consejos, ejercicios y cuestionarios aprenderán a mantener un vínculo amoroso estable, sano y feliz.

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