



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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