



Antes yo que nosotros (Crecimiento personal) (Spanish Edition)

Christine Arylo

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Sí, existe una fórmula mágica para disfrutar de relaciones fantásticas desde el respeto y la libertad: yo primero.

¿Cuántas horas dedicamos las mujeres a hablar de lo difícil que es encontrar a la pareja ideal o de lo perfecta que sería nuestra relación si él cambiara o se comprometiera o comprendiera que estamos hechos el uno para el otro? Demasiadas. Y lo hacemos sin pararnos a pensar que nuestras relaciones son espejos de nosotras mismas. Si no nos respetamos, si no nos amamos completa e incondicionalmente, el otro tampoco lo hará. Ha llegado el momento de preguntarnos quiénes somos y qué queremos en realidad. De decir adiós a las relaciones que nos consumen. De amarnos de verdad.

En el tono fresco y positivo de una buena amiga, Christine Arylo defiende que todas las mujeres pueden disfrutar del amor que ansían y merecen. Partiendo de su propia experiencia, ofrece las reflexiones y herramientas que toda mujer necesita para acoger sin restricciones a su mejor compañera: ella misma. Y, desde esta sólida base, encontrar un tú con el que crear un nosotros auténtico, sano y fabuloso en todos los sentidos.

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