

Enamorate de ti walter riso reseña

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From an early age, they teach us personal care behaviors related to physique: brushing teeth, bathing, eating, learning how to dress ... But what about psychological care and mental hygiene? Should we pay attention to him? Should we put it into practice? Do we emphasize the importance of love ourselves? Good self-esteem, deep love, increased positive emotions. In addition, among other things, it allows to achieve greater efficiency in tasks, improve relationships with people, establish a more balanced link with others and achieve independence and autonomy. The proposal of this book is both simple and complex: love you, be brave, start romance with yourself, in a sustainable ego that makes you happier and resists the piling of everyday life. With many years of experience as a clinical psychologist and as a writer of books on psychology and self-help, Walter Riso presents us on this occasion a book on self-esteem in which he influences the importance of loving himself to have a quality and mentally healthy life. Although it is a topic that has been written and talked about a lot, the author presents it in a very structured and concise way, easy to understand and easy to implement. It divides self-esteem into four basic components (self-concept, self-image, self-reinforced and self-effect) and throughout the text exposes and develops ideas, tricks and examples that clarify the reality drawn from your own patients. It's a short book, but to read calmly, insist if you will, reflect ... In short, a very interesting reading, not only for those who need to increase their self-esteem, but also to learn a little more about human psychology, by the hands of an expert on the subject. (Esther Rodriguez) 8 years ago This is a very short book, but if you describe many situations that we often do without knowing that they affect us or that we hurt ourselves even very delicately, it shows that we are kinder to ourselves , and indeed I think it is necessary to improve our self-esteem and therefore love ourselves. If you help me. 1 year ago, 7 -3 Rarely can I read some self-help text in its purest form. I find them boring and predictable, full of common messages, very clear or too generic. However, I am surprised to fall in love with you. And it has been a very rich reading that has not become heavy or fruitless. I don't know the author, Walter Riso, who seems to be a psychological agency when it comes to self-esteem. Riso, in addition to tremendous knowledge of the subject, has a perfect information style. In his prose, they highlight the simplicity and clarity with which he explains the concepts Its practical language, with some well-explained techniques and accurate examples, its arrogance and enlightenment, facilitates the rapid ionization of information. It is not very hard to infer that it is a book 2015 2015 that is Autumn in love with you. If you've thought about self-esteem, you've got it right. However, this book escapes difficult ideas and teaches that it is self-love, as well as advice, rules and reports that strengthen, improve and ultimately serve to increase self-esteem. It teaches you to contemplate your people in a completely different way and to avoid all the traps that your brain is putting on you in your quest for love for the most important person in your life: yourself. And, all this, while showing you different patterns of harmful behavior and how to solve them. It is, without a doubt, a very valuable and rich reading that ultimately makes you understand how and why you treat each other in a certain way. All in all, falling in love with you is a perfect example of how some self-help books can really help people, beyond the usual four messages. I totally recommend reading your book. Even those with high self-esteem. It's good for all of us to be reminded how great we are over time. © 1996-2015, Amazon.com, Inc. or its affiliates May 6, 2018 Deputy Ceci judged it liked it This is one of the books that I think chose me, I came at the right time, sometimes these kinds of readings come I think life is looking for a way to talk to you , thousands of romantic stories where they tell us about passionate love, but no one tells us the main thing , falling in love with yourself, I think it must be a request before you want a partner, to appreciate you so much, to know that you can be able to many things and above all to love you so much that you do not allow anyone to do this is one of the books that I think chose me, I came to the right time, sometimes the kind of reading to I think it's life that seeks to talk to you, thousands of romantic stories that they tell us about passionate love , but no one told us the main thing, love yourself, I think it must be a request before you want a partner, worth you a lot, know that you can have many things and above all love you so much that you do not allow anyone to hurt you , mainly yourself, because sometimes we are cruellest, it is a very rich book and I recommend it to a hundred. ... Walter Riso was born in Italy, and lives between Latin America and Barcelona. He has a Ph.S. in psychology, majoring in cognitive therapy and master's degree in biological ethics. For thirty years, he worked as a clinical psychologist, a practice interspersed with the implementation of university chairs and the conduct of scientific publications and outreach within Media. His book accomplished the purpose of creating a vaccine against suffering... Read more To improve your browsing experience, this blog uses cookies. If you continue browsing, you are agree to use. Accept thePrivacy & Cookies Denial Policy

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