



# **Ama y no sufras: Como disfrutar plenamente de la vida en pareja (Spanish Edition)**

*Walter Riso*

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Walter Riso

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“¿Quién no ha sufrido alguna vez por estar con la persona equivocada, por sentir que el deseo se ha apagado o, simplemente, por la caricia que nunca llegó? No hay nada más hipersensible que el amor, nada más arrebatador, nada más vital”. —Walter Riso

Con demasiada frecuencia, el amor nos hace sufrir. Incluso aquellas personas que han encontrado su pareja perfecta tienen momentos de inseguridad y frustración. En *Ama y no sufras*, Walter Riso, uno de los más conocidos autores de autoayuda, nos muestra cómo abandonar aquellos aspectos de nuestras relaciones que atraen la infelicidad, enseñándonos cómo avanzar hacia relaciones más saludables y gratificantes. Pero lograr este tipo de relación no sólo se trata de amar sin apegos —una de las causas principales del dolor afectivo— sino de acabar con todo tipo de sufrimiento inútil relacionado con el amor. Se trata de incrementar el “cociente amoroso” y ligar el corazón a la mente de tal manera que podamos canalizar saludablemente el sentimiento. Y ésta es la propuesta que Walter Riso presenta en este revelador libro: cómo lograr un amor completo, sano y gratificante, que nos acerque más a la tranquilidad que al sufrimiento.

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