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La Maestria del Amor: Una Guia Practica para el Arte de las Relaciones

Don Miguel Ruiz, Don Miguel Ruiz

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En *La Maestría del Amor*, don Miguel Ruiz ilumina las creencias y las suposiciones basadas en el miedo que socavan el amor y que conducen al sufrimiento y la desdicha en nuestras relaciones. A través de historias perspicaces que nos hacen llegar su mensaje, nos enseña a sanar nuestras heridas emocionales, a recobrar la libertad y la dicha que nos pertenecen por derecho propio y a restaurar el espíritu lúdico que resulta tan vital en las relaciones amorosas.
La Maestría del Amor incluye:
• Las razones por las cuales la “domesticación” y la “imagen de perfección” conducen al autorrechazo
• La guerra de control que lentamente destruye a la mayoría de relaciones
• El motivo por el cual acechamos el amor en los demás y cómo capturar el amor que reside en nuestro interior
• Finalmente, la manera de aceptarnos y perdonarnos a nosotros mismos y a los demás
La felicidad sólo puede provenir de tu interior y es el resultado de tu amor. Cuando eres consciente de que nadie más es capaz de hacerte feliz y de que la felicidad es el resultado de tu amor, esto se convierte en la maestría suprema de los toltecas: La Maestría del Amor.

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