



Abrazame fuerte (Spanish Edition)

Sue Johnson

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Anunciada por el New York Times y la revista Time como la terapia de pareja con la tasa mas alta de exito, la terapia de orientacion emocional obras porque considera que la relacion de amor como un archivo adjunto de bonos. Esta idea, una vez que polemico, es ahora el apoyo de la ciencia, y se ha convertido en muy popular entre los terapeutas de todo el mundo. En ESPERA ME firme, Dr Sue Johnson presenta la terapia de orientacion emocional para el publico en general por primera vez. Johnson enseña que la manera de guardar y enriquecer una relacion es seguro para restablecer la conexion emocional y preservar el vinculo adjunto. Con esto en mente, que se centra en momentos clave en una relacion-a partir de Demonio Reconociendo la Revision Dialogo a un Rocky momento-y los utiliza como touchpoints de siete conversaciones de curacion. A traves de estudios de caso de su practica, que ilumina el asesoramiento, y ejercicios practicos, las parejas aprenderan a cultivar sus relaciones y garantizar una vida de amor. / Heralded by the New York Times and Time magazine as the couple therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In HOLD ME TIGHT, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship-from Recognizing the Demon Dialogue to Revisiting a Rocky Moment-and uses them as touchpoints for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

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