



# Amor y Desamor: ¿Qué nos pasa por dentro? (Spanish Edition)

*Antonio Sosa Gomez*

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¿Qué pasa cuando nos enamoramos?, ¿en qué cambian nuestra psicología, sentimientos y conducta?, ¿cómo cambia una relación con el paso del tiempo? Cuando perdemos una relación altamente deseada ¿qué nos pasa por dentro?

La experiencia del desamor, un doloroso y complejo cóctel emocional, pronostica una penosa e interminable travesía. Pero el desamor puede servirnos para mirarnos a nosotros mismos y corregir pensamientos, conductas, creencias y actitudes que suelen saltar en éste tipo de experiencias. El resultado puede ser una mayor capacidad para afrontar la adversidad emocional, más seguridad en uno mismo y menos miedo a futuros intentos de relación.

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