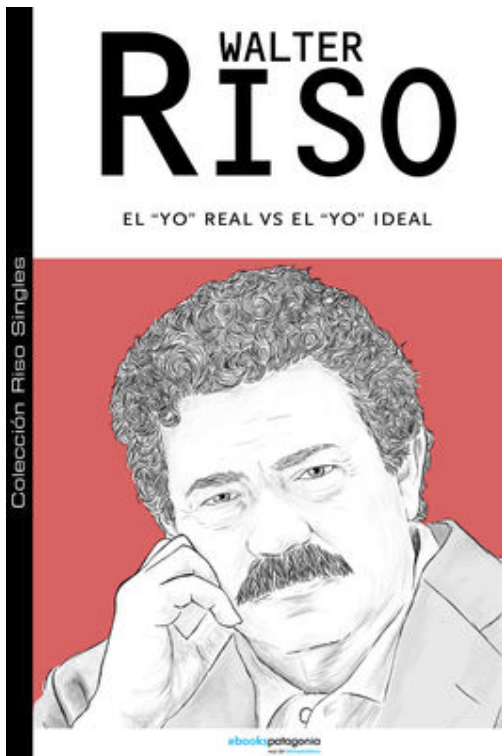


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¿Cómo vivir en paz, si no me acepto? ¿Habría mayor insensatez que amar lo que no soy y de extrañar lo que nunca he sido?

En este breve ensayo de nuestra colección Camino Interior, Walter Riso nos explica cómo valoramos socialmente la autoexigencia despiadada, sin darnos cuenta de que, si situamos nuestras expectativas en los cielos, la realidad, quedará automáticamente a ras del piso.

¿Cómo vivir en paz, si no me acepto? ¿Habría mayor insensatez que amar lo que no soy y de extrañar lo que nunca he sido? Estas son algunas de las preguntas que nos contesta este autor en "El Yo real v/s el Yo ideal".

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