



Mujeres malqueridas (Psicología y salud) (Spanish Edition)

Mariela Michelena

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Atadas a relaciones destructivas y sin futuro

Este libro está dedicado a todas las mujeres que sufren por un mal amor. Mujeres enganchadas a relaciones imposibles, destructivas. Mujeres que lloran por un amor perdido o sin futuro. Mujeres fieles a parejas intermitentes. Amores furtivos, prohibidos, clandestinos. Mujeres extraordinarias que se transforman en niñas enfermizas si un hombre no las llama. Mujeres que son fuertes ante todos los retos de la vida, excepto para resguardarse de quien las quiere mal. Mujeres dispuestas a esperar y esperar. Engañadas, traicionadas, en definitiva: malqueridas.

Si piensas que puedes haber caído en alguno de los «pecados capitales» de las malqueridas, pregúntate si:

Eres sumisa con tu pareja para no provocar conflictos.

Rompes y retomas tu relación continuamente

No puedes vivir sin esa persona aunque sabes que no te quiere como tú te mereces

Te adaptas a él de tal manera que eres capaz de transformarte en otra persona con tal de no perderle

O si ya no puedes hablar con tus amigas de tus sentimientos.

Mariela Michelena traza en estas páginas un mapa de las relaciones de pareja, en el que el norte siempre eres tú, y señala los caminos para que puedas retomar las riendas de tu vida, dirigirla mejor y recuperar tu autonomía.

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