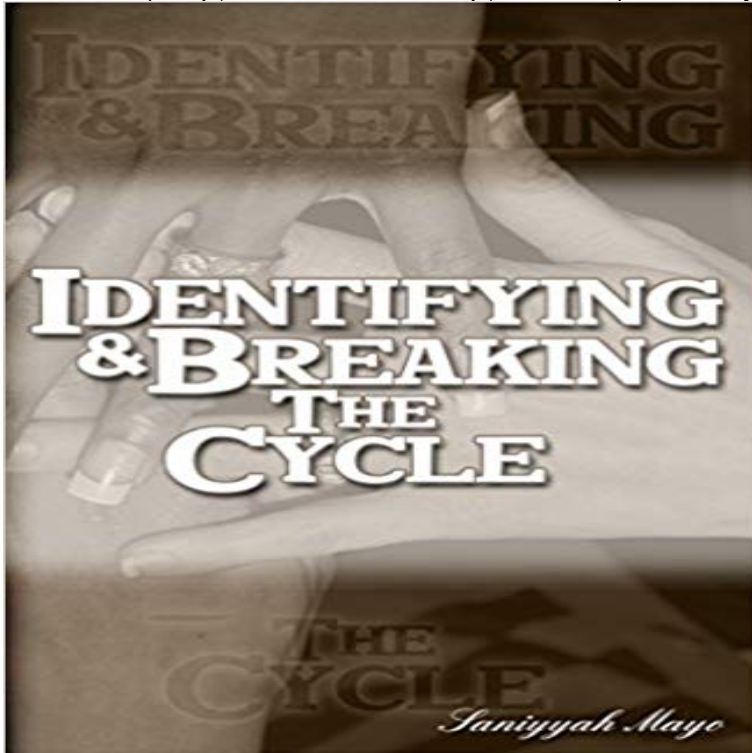


## Identifying and Breaking the Cycle: Spanish (Spanish Edition)



Nuestras amistades, relaciones familiares, y las conexiones romanticas que dan sentido y alegria a nuestra vida. Pero esas relaciones negativas con frecuencia asumen patrones de comportamiento que pueden inducir dano a largo plazo. En el peor de los casos, estos desarrollan patrones recurrentes en ciclos, que se extienden a vigencias e incluso sale en la proxima generacion, donde se vuelven a repetir. Romper el ciclo da esperanza a las personas y familias afectadas por tales patrones. Dibujo de una gran riqueza de experiencia personal y experiencia academica, Saniyyah Mayo ofrece a las victimas una salida: en primer lugar, darles la posibilidad de reconocer los ciclos en los que se producen, y, a continuacion, ya que les ofrecen herramientas concretas para hacer frente a la raiz del problema. Mediante detallados estudios de casos para ejemplificar este tipo de ciclos nacen y como se puede tener un serio impacto sobre los que nos rodean (incluso cuando pasamos por alto los signos de problemas), Mayo da lucidez, punto por punto de instruccion sobre la forma y el momento de crear fronteras como una defensa contra problemas coyunturales. Mayo no deja piedra sobre piedra en su exhaustivo estudio de dichos ciclos. El libro aborda el divorcio, las familias mixtas, que data dynamics, la interaccion entre los esposos y los padres (asi como los ninos de matrimonios anteriores), las amistades platonicas, y la religion. La vida puede ser dificil, especialmente cuando uno de los problemas psicologicos estan tan profundamente arraigadas que parecen invisibles, pero romper el ciclo ofrece una valiosa fuente de recursos para cualquier persona en necesidad de una mano, o a aquellos que pueden beneficiarse de ser consciente de comportamiento destructivo antes de que salga de las manos.

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