



Mujeres que lo dan todo a cambio de nada (Psicología y Salud) (Spanish Edition)

Mariela Michelena

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Juega bien tus cartas en el amor

Hay **mujeres que lo dan todo a cambio de nada**. Y son muchas más de las que pensamos. A todas ellas dedica **Mariela Michelena** este libro que, como en el caso de **Mujeres malqueridas** ?más de 25.000 ejemplares vendidos? y de **Me cuesta tanto olvidarte, dice las verdades que no queremos escuchar, pero que lo hace con sensibilidad, tacto, sentido del humor y ganas de ayudar**.

? Si todavía te sientes atada a tu ex

? Si haces de «madre» de tu pareja y te empeñas en perfeccionarle

? Si dejas tu vida en «pausa» para esperar por él

? Si parece que solo te interesan los hombres que te hacen sufrir

? Si te has sacrificado ?y endeudado? para luego ser abandonada sin ninguna explicación

? Si estás enamorada de un celoso patológico

? Si has perdonado una infidelidad, y dos y...

? O si pensabas que estas cosas solo le ocurren a las otras

podrás identificarte con estas mujeres que mantuvieron correspondencia con la autora para confiarle sus historias. Mujeres que, como tantas, no han sabido jugar bien sus **cartas en el amor**, porque han elegido el sacrificio y el heroísmo a la felicidad.

No cabe elegir nuestras cartas, nos vienen —bien o mal— dadas de serie. Lo que sí podemos es sentirnos libres para decidir cómo jugarlas, sin trampas, con honestidad. ¡Es tu turno! ¡Te toca jugar a ti!

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