



Amar es más sencillo (Spanish Edition)

David Solá

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Este libro habla del Amor esencial en contraste al amor cuyo objetivo siempre tiene algún interés particular. En la realidad, muy pocas personas aman como un fin y, en cambio, lo hacen como un medio para conseguir un propósito consciente o inconsciente. Lamentablemente esto es lo que convierte las relaciones sencillas en complicadas y es la razón de los conflictos y las frustraciones que nos impiden disfrutar con plenitud nuestra vida y las personas que son significativas para nosotros.

This book explores the contrast between essential love and love that has a particular agenda. Very few people love genuinely for the long run, but rather love to obtain a personal purpose along the way, consciously or unconsciously. In fact, this is the easiest way to turn simple relationships into complicated ones. It is the culprit behind conflicts and frustrations that prevent us from enjoying our lives and the people who are meaningful to us.



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