



Aprender a amar y ser amado (Spanish Edition)

Robert Holden

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¿Qué puede ser más importante que aprender a amar?

Si la humanidad supiera amar más profundamente, más universalmente, nuestro mundo cambiaría. Quizá no habría guerras ni violencia; no habría tanto sufrimiento innecesario.

Esta es una espléndida guía que te ayudará a reconocer el amor y a desaprender los hábitos del miedo así como a cultivar relaciones más afectuosas en tu vida. Toda la felicidad, la salud y la abundancia que experimentas proceden directamente de tu capacidad de amar y de ser amado. Pero no se trata de una capacidad adquirida, sino innata; es una facultad natural que está inscrita en la esencia de tu ser, y cualquier aprendizaje relativo a ella se vive como el recuerdo de algo que siempre se ha sabido.

Quererte a ti mismo consiste en saber quién eres y en identificarte con el amor. También consiste en aceptarte y en abandonar la resistencia al amor. En conclusión: el verdadero amor a ti mismo es beneficioso para ti, para tu familia, para tus amigos y para el planeta.

Solo cuando te permites dar y recibir amor sin esperar nada a cambio comprendes que el amor no es un negocio, sino una forma de ser.

**BUSCAR EL AMOR NO CONSISTE EN ENCONTRAR A OTRA PERSONA,
SINO EN RECONOCERSE UNO MISMO**

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