

Sabiduría Emocional Un reencuentro con las fuentes naturales del bienestar y la salud emocional Biblioteca Walter Riso Spanish Edition



BOOK DETAILS

- Author : Walter Riso
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BOOK SYNOPSIS

These pages constitute a call to restore the mind—body balance, by rescuing one of our most valuable resources, one that we find every day is more and more regulated and discredited. We are referring to biological emotion. In the expert opinion of the therapist Walter Riso, rational intelligence is one of the greatest adaptive tools that humans can count on, and thanks to that, he has been able to survive. Nonetheless, this does not guarantee equilibrium, internal harmony or the physical or psychological health of people. It is necessary to complement this part of ones self with the innate power and wisdom that inhabits our emotions. This book shows us how to integrate these components in a constructive manner and to take advantage of them for our benefit. “Wanting to bury your emotions is not only an impossible task, but it is dangerous for your health... we should let our emotions act with us and through us.”

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