



Enamórate de ti: El valor imprescindible de la autoestima (aprendiendo a quererse a sí mismo) (Biblioteca Walter Riso) (Spanish Edition)

Walter Riso

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“Quererse a uno mismo es considerarse digno de lo mejor, fortalecer el autorrespeto y darse la oportunidad de ser feliz por el solo hecho, y sin más razón, de estar vivo.” Walter Riso

No puede haber mejoramiento personal sin autoestima. Para el terapeuta cognitivo Walter Riso, autor de algunos de los libros de psicología práctica más influyentes de los últimos años, amarse a uno mismo constituye un factor imprescindible para el desarrollo de nuestro potencial como individuos. No sólo contribuye al crecimiento interior, sino que se convierte en un elemento clave para alcanzar la felicidad, el bienestar y la salud.

Pero esto no es todo: también representa el punto de referencia que nos permite amar a los demás y recibir amor de ellos. Este libro, nueva edición corregida del clásico *Aprendiendo a quererse a sí mismo*, está dirigido a todos aquellos cuya visión negativa de su propia persona los ha llevado a creer que son poco dignos de aprecio e incapaces de grandes logros.

Frente a ello, Riso nos invita a reconocer, sin vergüenza ni falsa modestia, las fortalezas y virtudes que poseemos, nuestro valor como individuos y el derecho que tenemos a amar y ser amados.

Walter Riso es psicólogo, especialista en terapia cognitiva y magister en bioética. Desde hace veintiocho años trabaja como terapeuta, labor que alterna con el ejercicio de la cátedra universitaria, la realización de investigaciones en la práctica clínica y publicaciones científicas y de divulgación psicológica. Actualmente es profesor de terapia cognitiva en diferentes facultades de psicología en Latinoamérica y España y es presidente honorario de la Asociación Colombiana de Terapia Cognitiva.

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