



La superación de la dependencia emocional: Cómo impedir que el amor se convierta en un suplicio (Ecología Mental) (Spanish Edition)

Jorge Castelló Blanco

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Examining the root causes and pernicious effects of emotional dependency, this manual answers questions such as *How can individuals recognize emotional dependence in their own lives? Are there causes that can be detected and avoided? What is dependence abstinence syndrome and how does it manifest? How can an individual struggling with dependency overcome a breakup?* The advice and wisdom offered in this book helps readers to pursue and foster balanced, well-adjusted relationships.

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