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*Sergio Zurita y Mario Zumaya*

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## **IRSE O DEJAR IR (Spanish Edition)** Sergio Zurita y Mario Zumaya

Luego de Pareja o matrimonio. Decida usted, Mario Zumaya y Sergio Zurita se dieron a la dolorosa tarea de conversar sobre las pérdidas amorosas. Para formar una pareja se necesita la decisión acordada de dos personas, para romper la relación basta y sobra con uno y, por supuesto, existen dos procesos de ruptura diferentes: abandonar y ser abandonado. Irse o dejar ir. La pérdida amorosa trata de esos procesos psicosociales estresantes, dolorosos valiosos que nos confrontan con nuestros errores y aciertos, con nuestras faltas y recursos, con lo que creemos de nosotros mismos, con nuestra capacidad de autoengaño. El lector podrá encontrar las claves para hacer un mapa amoroso y muchas respuestas para enfrentar las pérdidas amorosas.



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