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If you love yourself for sure others will love you too, it is quite right that he said the phrase: First love must be your own, how else can we be happy? Self esteem! After going through some disappointment and recovery is that we understand many things, it is a pity that we have to suffer to learn. Something extremely important in our lives that defines us and adapts us to a society that allows us to have peace of mind or not is self-respect. Low self-esteem can lead to permanent unhappiness in the life of any person. An important point for the development of self-esteem is an intermediate childhood. The child here compares his real self with his ideal self and judges himself by how he achieves the social patterns and expectations that he has shaped out of himself and how well he works. From the beginning we instill habits that are relevant to our external, but little teach about the psychological part that is related to self-love, self-esteem.. the very one that defines us to be useful people to society. The suggestion of this book, Falling in Love with You, from Walter Riso, is both simple and complex: fall in love with you, be brave, start an affair with yourself, in a sustainable self that makes you happier and more resilient to onslating everyday life. Download The Synopsis: Falling in love should, because we always think about falling in love with someone who comes in and solves our problems when things can really be solved with healthy self-esteem. Our well-being depends on us, because with low self-esteem we cannot determine our personal achievements. From a young age they teach us personal hygiene behavior in relation to the physique: brushing teeth, bathing, eating, learning to dress... But what about psychological help and mental hygiene? Will we give him enough attention? Will we be able to do that in practice? Do we emphasize the importance of self-love? Good self-esteem, deep love, increases positive emotions. In addition, it allows for greater efficiency in tasks, better relations with people, a more balanced relationship with others and independence and autonomy. The suggestion of this book is both simple and complex: fall in love with you, be brave, start an affair with yourself, in a sustainable self that makes you happier and more resilient to onslating everyday life. Love you book download for free in the format of epub, mobi and pdf. Download all of Walter Riso's books for your Kindle or any e-book reader. The introduction of E L self-love is a dam of discord against mental suffering. Loving One not only is it a benchmark for knowing how much others should love (Love neighbor as yourself), but it seems to act as a protective factor for psychological illness and an element that generates well-being and quality of life. Activating all available self-esteem or loving the foundations of yourself is the first step towards any psychological growth and personal improvement. And I don't mean the dark side of self-esteem, narcissism and ego charm to feel unique, special and above others; I am not talking about the blind and unbridled fascination of I (egolatria), but about the true ability without shame and fear to recognize the strengths and virtues that we possess, integrate them into the development of our lives and effectively and compassionately convert them to others. Loving oneself, despising or ignoring others is a presumption and alienation; to love others, to despise oneself is the absence of love for oneself. Love yourself means love yourself and love yourself honestly. Persistent in being (conatus), as Baruch Spinoza said, to protect individual existence and bring out the best in each of them. Loving yourself is also about promoting healthy self-preservation, as encouraged by stoic people, and striving for as much pleasure and health as Epicurus provides. To love oneself is to consider yourself worthy of the best, to strengthen self-respect and to give yourself the opportunity to be happy for the only fact, and without reason to be alive. Love begins at home. Your first love is the one that appeals to yourself, and in this first idyll you will learn to love existence or hate it. How can you open the doors to the love of the people around you if you despise or do not accept your being, or if you are ashamed to exist? A patient who was devastated by depression told me, I'm sorry, but... I'm ashamed to be alive. Will there be more decline of being? Just as you don't attack or dis unload from those you love, don't do the same for yourself. Being friends with yourself is the first step towards good self-esteem. To love is to seek the benefit of others and to enjoy it, so that their pain causes us pain and joy pleases us, and something similar happens with love itself: if you do not forgive yourself, if you are irritated to be with yourself, if you do not stand and belittle yourself, for you do not love yourself! Sometimes I am asked if I can hate myself, and my answer is categorical: Of course, and with what intensity! even to the point of desire to disappear from the face of the earth and act accordingly. Many times we rejoice in the pain inflicted on ourselves. It is said that there was a lady on the train, and at three o'clock in the morning, while most were asleep, she began to complain aloud: What a thirst, my God! How I Want to Drink, God Over and over again. His persistence aroused a few passengers, and whoever was next to him went for two glasses of water and brought them to him: Take it, ma'am, soothe the thirst so that we all sleep. The lady drank them quickly and people took care to resume their rest. Everything seemed to be back to normal until a few minutes later they heard the lady say again: What a thirst, my God! What a thirst, my God! We incorporate psychological punishment into our lives from a young age without realizing it, and as if it were a normal and even desirable aspect; In short, we are attached to it. We chloride in suffering or put candles on it. Sometimes we act as if cancer itself is a virtue because it hardens the soul, and while it is true that efforts to achieve personal goals are important, one thing is constructive self-criticism, and another is a relentless self-criticism that strikes and sinks us. It is one thing to accept useful and necessary suffering, and another to get used to the pain that we masochistically encourage ourselves to cleanse the guilt or try to be worthy of someone to love us. Findings in cognitive psychology over the past twenty years clearly show that negative self vision is the determining factor for psychological disorders such as phobias, depression, stress, anxiety, interpersonal insecurity, psychosomatic changes, partner problems, poor academic performance and performance, substance abuse, body image problems, inability to regulate emotions and more. The conclusion of the experts is clear: if self-esteem is not strong enough, we will live poorly, will be unhappy and alarmed. This book is designed for those who do not love themselves enough, who live encapsulated, tied to irrational norms and inattentive to themselves. It also targets those who knew how to love themselves at some point and forgot to do so because of the rigors of life or the race of unbridled survival, where one hits the background as if it were disposable material. Offering these pages is simple and difficult at the same time: Fall in love with you; Be brave; begins an affair with yourself, in a sustainable self that will make you happier and more resistant to onslating everyday life. FALLING IN LOVE WITH ONESELF - TO see ourselves is perhaps the most important fact that ensures our survival in a complex and increasingly difficult world to cope with. Yes Congratulating you by giving you a kiss, it is likely that the people around you (including the psychologist in turn) will evaluate the ads to fall in love with you Weight:3.79Mb Format:txt, PDF, ePub Clark Carrados Five 14 - Five by the Sea Enid Blyton Rick Riordan Carmen Amoraga Ada Coretti Mercedes Miguel. L. 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