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Amores de alto risco-Walter Riso 2014-09-19 Por que falhamos tanto no amor? Por que há tanta gente descontente com sua vida amorosa? Por que um número tão grande de pessoas escolhe um parceiro equivocado? Por que nos resignamos a relações dolorosas? Examinando os oito tipos afetivos que mais frequentemente causam turbulência aos seus parceiros, este novo livro de Walter Riso – terapeuta de larga experiência e autor de vários títulos de psicologia aplicada – é dirigido a qualquer um que queira melhor entender a própria vida amorosa e as próprias escolhas. E também àqueles que quiserem revisar sua vida afetiva com o intuito de fazer do amor uma experiência positiva.

Ame e não sofra-Walter Riso 2014-09-16 O amor é a emoção mais arrebatadora e vital da existência humana. Renunciar a ele é viver sem intensidade – ou não viver. Então, por que razão sofremos tanto por amor? Nesta obra Walter Riso apresenta os três pilares fundamentais de toda relação sadia e feliz: o desejo, a amizade e a ternura. Em "Ame e não sofra", o especialista em terapia cognitiva nos convida a desfrutar do amor deixando de lado o sofrimento, mas não a razão.

Amar ou depender?-Walter Riso 2014-09-19 "Amar ou depender?" é um guia para os primeiros passos em direção a uma vida amorosa saudável, plena e feliz. Neste livro, o psicólogo Walter Riso identifica quando uma relação torna-se doentia, conceituando a dependência afetiva e expondo o limite entre o amor e o vício. Para o autor, a base da autoestima é a independência afetiva – muitas vezes erroneamente percebida como "falta de amor", mas que constitui o princípio básico da relação saudável. Ao final do livro, são apontados exercícios práticos para desligar-se de uma vez por todas de um relacionamento doentio e estratégias para se iniciar uma vida nova.

Amores altamente peligrosos-Walter Riso 2008

Desapegue-se!-Walter Riso 2015-04-17 Quem já não sofreu ou ainda sofre inutilmente por estar preso a coisas ou pessoas que lhe sugam a energia e a vontade de viver? Quem já não se perdeu em pensamentos irracionais, criando falsas expectativas de segurança, e depois percebeu que suas ações foram em vão? Neste livro, o psicólogo Walter Riso, autor de dezenas de best-sellers, aborda um dos piores males psicológicos: o apego. Em capítulos curtos que são verdadeiras lições práticas, vemos que desapegar-se não significa deixar de desejar, renunciar a paixões, nem ser indiferente ao próximo. Trata-se de assumir a existência de maneira livre, sem travestir o bem-estar individual em um aspecto específico da realidade. Desapegue-se e seja verdadeiramente feliz!

In The Meantime-Iyanla Vanzant 2012-12-11 Most of us go through life with a vision of what the ideal relationship is supposed to be, yet too often our longing for a soul mate leads to disappointment and heartbreak. What we see, desire, or harshly judge in our mate is but a reflection of self, Vanzant explains, as in IN THE MEANTIME she helps us to break free of our fantasies and view a relationship as an ongoing process of discovery and growth. Whether she is offering practical advice on how to avoid making the same relationship mistakes over and over again, or helping us to view the painful end of a relationship as an opportunity to learn and change, Iyanla Vanzant, as author Patrice Gains has said, 'reminds us that every moment is an opportunity to learn and inspires and encourages us to continue our inward daily search'.

Amor Em PedaÃ‡os-Antonio Auggusto JoÃƒo 2016-08-14 CrÃ´nicas de Amor Verdadeiro

A arte de ser flexível-Walter Riso 2014-02-10 Manter a cabeça criticamente aberta é algo mais fácil na teoria do que na prática. E isso não aflige apenas os teimosos, radicais, intolerantes e cabeças-duras inveterados: todos nós podemos ter dificuldades em ver o mundo e os fenômenos à nossa volta com um olhar flexível. Para debelar esse mal que aflige homens e mulheres de todas as idades – a dificuldade de pensar de uma maneira aberta –, o autor revisita os tipos principais de mentalidade (a mente rígida, a mente "líquida" e a mente flexível), aponta os inconvenientes sofridos por quem tem opiniões estanques demais e mostra as vantagens de se exercitar o pensamento flexível, em prol de uma existência equilibrada e mais leve.

Los límites del amor-Walter Riso 2006 Stressing the importance of being able to identify the limits from which love can transform into addiction, the author proposes reaching to each other without losing one's essence, and to love.

Guía práctica para no sufrir de amor-Walter Riso 2014-02-01 Retomando la filosofía, la psicología y la amplia experiencia de mas de 30 años como terapeuta, Walter Riso te guiará a través de los 39 capítulos de esta obra por un modelo o un esquema de reflexión que te permita comprender lo que es el "buen amor" (sano, coherente, constructivo) y el "mal amor" (enfermo, incoherente, destructivo). Si conoces los motivos principales por los que transformamos absurdamente el amor en sufrimiento, aprenderás a evitarlos y a generar esquemas y comportamientos más adaptativos. Nos han vendido la idea de que amar es sufrir, que ambas emociones son inseparables y que, como un castigo del destino, no podemos escapar a ello. Nada más falso. Muchas parejas logran tener relaciones satisfactorias, donde lo bueno pesa mucho más que lo malo, y lo malo no afecta ningún derecho fundamental de sus integrantes. No es normal hacer de tu relación afectiva un estilo de vida donde el sufrimiento sea la principal característica. Acceder a un vínculo afectivo constructivo no es imposible: se trata de no dejar entrar ciertas creencias irracionales y algunos miedos que enredan el amor, lo complican y lo convierten en una carga.

Maravilhosamente imperfeito, escandalosamente feliz-Walter Riso 2017-04-24 Vivemos em uma cultura de vencedores. Basicamente, se você não é um deles, você é um loser, um perdedor. Essa afirmação parece forte? Não parece, é. E tentar se sobressair a qualquer custo tem seu preço: pode nos custar a autoestima, o convívio social e nos condenar a um sofrimento inútil. Walter Riso se baseia em suas três décadas de experiência profissional como terapeuta para nos ajudar a tirar um grande peso dos ombros. Este livro propõe dez ideias libertadoras para deixarmos de querer ser o que nunca poderemos ser e, mesmo assim, nos amarmos e cuidar de nós mesmos.

O que toda a mulher deve saber sobre os homens-Walter Riso 2014-02-10 Vistos na maior parte das vezes como machões, provedores, mulherengos, insensíveis e fechados, os homens (e suas questões) geralmente ficam em segundo plano quando se trata de discutir problemas afetivos – como se só as mulheres enfrentassem dilemas e dificuldades. "O que toda mulher deve saber sobre os homens", um dos livros mais exitosos de Walter Riso, psicólogo e autor de dezenas de best-sellers sobre comportamento, se debruça sobre este pouco abordado tema: o que realmente se passa na mente e nos corações dos homens, para além dos estereótipos? Uma leitura obrigatória para homens e mulheres.

O direito de dizer não!-Walter Riso 2016-05-16 Quem nunca se olhou no espelho tentando se perdoar por ter baixado a cabeça ou por não ter dito o que pensava? Ou travou uma luta interior entre a indignação pela ofensa sofrida e o medo de enfrentá-la? A cada vez que somos submissos, damos um duro golpe na nossa autoestima. Em "O direito de dizer não!", Walter Riso abre espaço para a descoberta do autorrespeito, a ética pessoal que separa o negociável do inegociável. Reunindo a experiência de mais de vinte anos neste tema, Riso se dirige às pessoas que precisam retomar sua dignidade, trabalhando a autoestima e a assertividade.

How To Overcome Emotional Dependency-Walter Riso 2013-06-01 Being emotionally independent does not mean that you have to stop being loving, It is about being the master of your own feelings, faithful to your own principles and never handing over your personal dignity to someone else in exchange for something, not even in the name of love. Do I you love or do I depend? If this is a question you ask yourself, then this guide, based on the bestseller, To Love or to Depend? is for you. In it, Walter Riso teaches us, in a practical manner and without too much theory involved, the steps we need to take in order to be able to love without being emotionally dependent. He provides ideas and processes that will help you develop the right skills to deal with emotional dependency, prevent it and/or create a lifestyle aimed at emotional independence and affective detachment.

Enamorados o esclavizados (Edición mexicana)-Walter Riso 2019-03-15 La liberación afectiva significa tomar las riendas de tu vida emocional, aun estando en pareja, sin agobios y sin sufrimientos inútiles que te impidan ser como realmente eres o como se te antoja ser. ¿Liberarte de qué? De cuatro creencias absurdas sobre el amor que suelen aplastarte y limitar tu crecimiento personal: Si amas, debes obsesionarte. Si amas, debes renunciar a tu identidad. Si amas, debes tener miedo a perder a tu pareja. Si amas, debes esclavizarte. Es posible crear un esquema mental saludable y constructivo que se contraponga a las cuatro tendencias señaladas: al amor obsesivo, opongo un amor apasionado, pero sereno; al amor fusionado, opongo un amor con identidad personal; al amor temeroso, opongo un amor valiente, y al amor opresivo, opongo un amor libre.

Enamórate de ti (Edición mexicana)-Walter Riso 2018-04-13 Desde pequeños nos enseñan conductas de cuidado personal respecto al físico: lavarnos los dientes, bañarnos, arreglarnos las uñas, comer, aprender a vestirnos... Pero ¿qué hay del cuidado psicológico y la higiene mental? ¿Les prestamos suficiente atención? ¿Los ponemos en práctica? ¿Resaltamos la importancia del autoamor? Una buena autoestima, quererse profundamente, incrementa las emociones positivas. Además, permite alcanzar mayor eficacia en las tareas, mejorar las relaciones interpersonales, establecer vínculos más equilibrados y ganar independencia y autonomía. La propuesta de este libro es a la vez simple y compleja: enamórate de ti, sé valiente, comienza el romance contigo mismo en un «yo sostenido» que te haga cada día más feliz y más resistente a los embates de la vida cotidiana.

INDELEBLE. Cuando me encuentre l Cuando lo encuentre-Daniela Pérez 2019-04-22 ¿Qué harías si pudieras reescribir tu pasado? La protagonista de esta historia tiene la oportunidad de hacerlo al reencontrarse con su yo más joven. A través de esta adolescente trata de evitar los errores que la mantuvieron atada a una relación tóxica y que una y otra vez la alejaban de conocer al gran amor de su vida. Las dos versiones de ella misma conviven y recorren un camino en el que entienden que los errores son grandes maestros.

How to be Assertive and Avoid Being Manipulated-Walter Riso 2013-06-01 When you are assertive, you are actively exercising and/or defending your rights: saying no, expressing disagreement, giving a contrary opinion and/or expressing concrete negative feelings without submissively allowing yourself to be manipulated or aggressively violating the rights of others. If you are afraid of hurting other people's feelings by being honest, if you are not able to express your anger or a conflicting opinion in a way that is socially acceptable, or if you feel that others humiliate and manipulate you.

Cromos- 2006

Delibros- 2009

How to Take the Suffering Out of Love-Walter Riso 2014-02-01 I have written this guide in order to help you create a space for reflection within your life and as a result develop emotional and cognitive strategies that can make you more resistant to love-sickness. Once you learn exactly why we absurdly equate love to suffering, you´ll know how to avoid falling into the trap and learn to foster more adaptive schemes of behaviour. Through the concepts of philosophy, psychology and his 30 years plus of experience as a therapist, in the 39 chapters of this book, Walter Riso guides us through a model or scheme of reflection to help us understand the characteristics of a love that is good (healthy, coherent, constructive) and one that is bad (sick, incoherent, destructive).

How to Improve Your Self-Esteem-Walter Riso 2013-06-01 "Activating your self-love is the first step towards any type of psychological growth and personal improvement. Of course I am not talking about the dark side of self-esteem, which leads to narcissism and fascination with the ego, but rather about having a genuine ability to, fearless and unashamedly, recognize your strengths and virtues, integrate them into the development of your own life..." In this guide, Dr. Walter Riso teaches us about the tools we need to help bolster our self-esteem; he teaches us to feed our self-love, freeing us from dependencies and stripping away all those things that weigh heavily on us. This, in turn, enables us to build our own happiness.

How to Make People Like You in 90 Seconds Or Less-Nicholas Boothman 2008 Explains how to read body language and synchronize behavior in order to establish a positive rapport.

How to Deal with Infidelity-Walter Riso 2014-08-01 Fidelity is not the absence of desire, but rather the product of will and conscious decision. In other words, fidelity is self-control and timely avoidance. When we suspect that we may end up liking someone in that way or when we feel the first tingle of attraction and we don't want to be unfaithful, the best option is to turn away from temptation and avoid playing with fire at all costs. In this guide, Dr. Walter Riso provides a number of indispensable steps to help us understand infidelity from its different perspectives. He also outlines a number of strategies that can help us identify whether infidelity has become a part of our sentimental relationship with out partner.

The 10 Commandments of Marriage-Ed Young 2008-09-01 In words that are profound, often humorous, but always biblical, Ed Young draws from decades of counseling couples to provide ten commandments for a lifelong marriage that sizzles. God wants your marriage to be nothing short of incredible. And it could all begin with this amazing book.

Women Who Love Too Much-Robin Norwood 2008-04-08 Updated with a new foreword and revised text, a twentieth anniversary release of a top-selling reference counsels women on how to end destructive cycles of co-dependence and misogyny, in a guide that shares case histories of women who have ended or improved relationships with emotionally unavailable, addicted, or unfaithful partners. Reprint. 50,000 first printing.

Why Men Love Bitches-Sherry Argov 2002-10-01 Do you feel like you are too nice? Sherry Argov's Why Men Love Bitches delivers a unique perspective as to why men are attracted to a strong woman who stands up for herself. With saucy detail on every page, this no-nonsense guide reveals why a strong woman is much more desirable than a "yes woman" who routinely sacrifices herself. The author provides compelling answers to the tough questions women often ask: · Why are men so romantic in the beginning and why do they change? · Why do men take nice girls for granted? · Why does a man respect a woman when she stands up for herself? Full of advice, hilarious real-life relationship scenarios, "she says/he thinks" tables, and the author's unique "Attraction Principles," Why Men Love Bitches gives you bottom-line answers. It helps you know who you are, stand your ground, and relate to men on a whole new level. Once you've discovered the feisty attitude men find so magnetic, you'll not only increase the romantic chemistry—you'll gain your man's love and respect with far less effort.

Methods and Strategies of Process Research-Cecilia Alvstad 2011 "This volume of papers in honor of Birgitta Englund Dimitrova."

The Path to Love-Deepak Chopra 1997-01-01 Join Deepak Chopra on a wondrous journey. . . " The Path to Love." Philosophical, inspiring, and ultimately very practical, The Path to Love is a book that can change lives as it invites the spirit to work its wonders on the most complex and richly rewarding terrain of all: the human heart. "From the Trade Paperback edition."

Liquid Love-Zygmunt Bauman 2013-05-03 This book is about the central figure of our contemporary, 'liquid modern' times – the man or woman with no bonds, and particularly with none of the fixed or durable bonds that would allow the effort of self-definition and self-assertion to come to a rest. Having no permanent bonds, the denizen of our liquid modern society must tie whatever bonds they can to engage with others, using their own wits, skill and dedication. But none of these bonds are guaranteed to last. Moreover, they must be tied loosely so that they can be untied again, quickly and as effortlessly as possible, when circumstances change – as they surely will in our liquid modern society, over and over again. The uncanny frailty of human bonds, the feeling of insecurity that frailty inspires, and the conflicting desires to tighten the bonds yet keep them loose, are the principal themes of this important new book by Zygmunt Bauman, one of the most original and influential social thinkers of our time. It will be of great interest to students and scholars in sociology and in the social sciences and humanities generally, and it will appeal to anyone interested in the changing nature of human relationships.

The Couple Next Door-Shari Lapena 2016-08-23 AN INSTANT NEW YORK TIMES BESTSELLER Shari Lapena's new thriller, AN UNWANTED GUEST, is available now! "The twists come as fast [as] you can turn the pages." —People "Provocative and shocking." —Lisa Gardner, New York Times bestselling author of Find Her "I read this novel at one sitting, absolutely riveted by the storyline. The suspense was beautifully rendered and unrelenting!" —Sue Grafton, New York Times bestselling author of X It all started at a dinner party. . . . A domestic suspense debut about a young couple and their apparently friendly neighbors—a twisty, rollercoaster ride of lies, betrayal, and the secrets between husbands and wives. . . . Anne and Marco Conti seem to have it all—a loving relationship, a wonderful home, and their beautiful baby, Cora. But one night, when they are at a dinner party next door, a terrible crime is committed. Suspicion immediately lands on the parents. But the truth is a much more complicated story. Inside the curtained house, an unsettling account of what actually happened unfolds. Detective Rasbach knows that the panicked couple is hiding something. Both Anne and Marco soon discover that the other is keeping secrets, secrets they've kept for years. What follows is the nerve-racking unraveling of a family—a chilling tale of deception, duplicity, and unfaithfulness that will keep you breathless until the final shocking twist.

A Illustração luso-brazileira- 1856

Lafcadio Hearn's Japan-Lafcadio Hearn 2011-04-11 This collection of writings from Lafcaido Hern paints a rare and fascinating picture of pre-modern Japan Over a century after his death, author, translator, and educator Lafcaido Hearn remains one of the best-known Westerners ever to make Japan his home. Almost more Japanese than the Japanese—"to think with their thoughts" was his aim—his prolific writings on things Japanese were instrumental in introducing Japanese culture to the West. In this masterful anthology, Donald Richie shows that Hearn was first and foremost a reliable and enthusiastic observer, who faithfully recorded a detailed account of the people, customs, and culture of late nineteen-century Japan. Opening and closing with excerpts from Hearn's final books, Richie's astute selection from among "over 4,000 printed pages" not including correspondence and other writing, also reveals Hearn's later, more sober and reflective attitudes to the things that he observed and wrote about. Part One, "The Land," chronicles Hearn's early years when he wrote primarily about the appearance of his adopted home. Part Two, "The People," records the author's later years when he came to terms with the Japanese themselves. In this anthology, Richie, more gifted in capturing the essence of a person on the page than any other foreign writer living in Japan, has picked out the best of Hearn's evocations. Select writings include: The Chief City of the Province of the Gods Three Popular Ballads In the Cave of the Children's Ghosts Bits of Life and Death A Street Singer Kimiko On A Bridge

TV Tupi-Vida Alves 2008 A história da implantação da televisão no Brasil é importante para quem lê. Por quê? Porque não sabemos viver sem televisão e temos curiosidade sobre ela.

For Men Only-Shaunti Feldhahn 2013-03-19 At a man's fingertips is the tool that will unlock the secret to a woman's mysterious ways. Through hundreds of interviews and the results of a scientific national survey of women, this book demonstrates that women are actually not random and that they really can be systematized and "mapped."

The Celestine Prophecy-James Redfield 2008-08-01 The #1 bestselling phenomenon with millions of copies sold around the world -- now with a guide to creating your own Celestine Prophecy experience. You have never read a book like this before--a book that comes along once in a lifetime to change lives forever. In the rain forests of Peru, an ancient manuscript has been discovered. Within its pages are 9 key insights into life itself -- insights each human being is predicted to grasp sequentially; one insight, then another, as we move toward a completely spiritual culture on Earth. Drawing on ancient wisdom, it tells you how to make connections among the events happening in your life right now and lets you see what is going to happen to you in the years to come. The story it tells is a gripping one of adventure and discovery, but it is also a guidebook that has the power to crystallize your perceptions of why you are where you are in life and to direct your steps with a new energy and optimism as you head into tomorrow. Praise for The Celestine Prophecy "A gripping adventure story filled with intrigue, suspense, and spiritual revelations." - Commonwealth Journal "A spiritual classic...a book to read and reread, to cherish, and to give to friends." - Joan Borysenko, PhD, author of Fire in the Soul "In his inimitable style of great storytelling, Redfield opens us up to a world of insight, inspiration, synchronicity, and power." - Deepak Chopra

The Secret Life of the Mind-Mariano Sigman 2018-05-23 * Where do our thoughts come from?* How can we manipulate our dreams?* What is the role of the unconscious?* How do we make decisions and trust the judgement of both others and ourselves? In this mind-bending international bestseller by Mariano Sigman, one of the world's leading neuroscientists reveals his life's work exploring the intricacies of the human brain. Building on his awe-inspiring TED talk and drawing on examples in science and the arts, The Secret Life of the Mind offers an accessible guide to how the human brain works and its impact on our everyday life. This informative, lucid book is essential reading for anyone curious about how we perceive, reason and communicate.

Riso e melancolia-Sérgio Paulo Rouanet 2007 Nas primeiras linhas de Memórias póstumas de Brás Cubas, de Machado de Assis, o narrador avisa que adotou uma forma semelhante à de Sterne e Xavier de Maistre e que escreveu seu livro com a pena da galhofa e a tinta da melancolia. Diz ainda que em vez de começar a história a partir do início, preferiu contar primeiro o fim. No prólogo da terceira edição da obra, Machado adiciona o nome de Almeida Garrett aos dos inspiradores daquela forma "difusa e livre" - todos eles viajantes, observa. Para Rouanet, os elementos enumerados por Machado bastam para definir uma forma, que denominou "forma shandiana" - termo derivado do Tristram Shandy, de Sterne -, e cujas características estruturais são: hipertrofia da subjetividade; digressividade e fragmentação; tratamento especial dado ao tempo e ao espaço; e interpenetração de riso e melancolia. Os adeptos dessa forma, continua Rouanet, formam uma linhagem - e acrescenta um autor à lista elaborada por Machado: Diderot. Em Riso e melancolia, Rouanet estuda o funcionamento da forma shandiana em todos os autores que a cultivaram, abrindo o caminho para um melhor conhecimento tanto do nosso maior romancista como da linhagem intelectual a que ele se filiou. Com sua linguagem clara e atraente, seu humor e sua erudição, oferece novas percepções aos leitores e abre outras portas para a leitura dos herdeiros de Laurence Sterne.

The 100 Simple Secrets of Happy People-David Niven, PhD 2009-03-17 Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life. Believe in yourself: Across all ages, and all groups, a solid belief in one's own abilities increases life satisfaction by about 40 percent, and makes us happier both in our home lives and in our work lives. Turn off your TV: Watching too much TV can triple our hunger for more possessions, while reducing our personal contentment by about 5 percent for every hour a day we watch.

Loving Each Other-Leo F. Buscaglia 1986 In a critical study of loving relationships, the author explains how to develop the commitment, honesty, generosity, and positive attitudes toward oneself and others essential to sustaining a loving relationship

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