



El amor como forma de vida: Siete claves para transformar su vida (Spanish Edition)

Gary Chapman

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En su primera gran obra desde la publicación de su bestseller, *Los cinco lenguajes del amor*, Gary Chapman nos ofrece un poderoso plan para lograr toda una vida de felicidad con ejercicios sencillos pero intensos, y la sabiduría necesaria para descubrir la vida que siempre has buscado. Para mejorar las vidas individuales, nos dice el doctor Chapman, hay que mejorar todas las relaciones que tejemos en nuestras vidas: con los padres y los hijos, con los compañeros de trabajo y los cónyuges, y en todas las interacciones humanas que constituyen los cimientos de nuestras vidas. Con unas estrategias innovadoras para cultivar nuevas formas de aceptar y responder al don del amor, **El amor como forma de vida**, te educará en las virtudes esenciales de:

• la amabilidad • la paciencia • el perdón • la cortesía • la humildad • la generosidad • la sinceridad

Estimulantes consejos e historias memorables de la vida real hacen de este libro una herramienta esencial para compartir con otros, dando lugar a conversaciones decisivas sobre las increíbles posibilidades que surgen cuando el amor se convierte en un hábito. En **El amor como forma de vida** el Dr. Chapman nos revela que se pueden mejorar todos los aspectos de nuestra vida si situamos el amor en el centro de todo lo que hacemos. Rico en sabiduría y estímulos, **El amor como forma de vida** es una valiosa guía que nos ayudará a crear relaciones plenas y satisfactorias y a cosechar las alegrías de vivir una vida inspirada en el amor.

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