



El amor vanidoso: 45 (Serendipity Maior) (Spanish Edition)

Bärbel Wardetzki

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La pareja de baile del amor vanidoso, enamorada de sí misma, se contonea al ritmo de la misma música. Una representación plástica de cómo se perciben los miembros de las parejas en las relaciones narcisistas: se rodean con los brazos, están en estrecho contacto físico, pero ninguno de los dos ve al otro. Su encuentro está preponderantemente al servicio de mejorar el concepto que cada cual tiene de sí mismo. En las relaciones narcisistas todo gira en torno al beneficio propio, todo se haya al servicio del ego: la elección de la persona con la que entablar relación, el modo de relacionarse con ella, y la decisión sobre lo que uno muestra u oculta de sí mismo, así como sobre las expectativas que el otro ha de satisfacer. Los demás no interesan por sí mismos, sino por la función que desempeñan en relación a uno mismo o, lo que en este caso es igual, en relación a cómo uno se ve y vive a sí mismo. Las relaciones narcisistas rara vez fundan relaciones duraderas y satisfactorias. A menudo terminan antes de haber comenzado, y dejan a su paso el desagradable sentimiento de que uno ha fracasado o de que la persona elegida no ha estado a la altura. La psicoterapeuta Bärbel Wardetzki analiza la dinámica narcisista de las relaciones, revela las heridas psíquicas ligadas a ellas y muestra qué camino tomar para que salgan adelante sin que el precio a pagar sea el sufrimiento de al menos uno de sus miembros. Bärbel Wardetzki, nacida en 1952, es licenciada en psicología y terapeuta gestáltica y EMDR, especializada en trastornos alimentarios, adicciones, Trastorno narcisista de la personalidad y problemas de autoestima. Trabaja en Munich como formadora de terapeutas, y es una oradora muy solicitada en su país y en el extranjero, siendo invitada habitual de programas de radio y televisión. Es autora de varios best-sellers de autoayuda y psicología, e imparte cursos de supervisión y coaching, conferencias y seminarios dirigidos tanto a psicólogos como al público general interesado en estos temas.

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