



Perdonar (Vintage) (Spanish Edition)

Robin Casarjian

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Todas las grandes tradiciones espirituales enseñan que el perdón es el instrumento esencial para conseguir la paz interior. Sin embargo, algunas personas creen que perdonar es un acto que en realidad encubre el dolor, la rabia y la maldad. En este libro, la psicoterapeuta Robin Casarjian nos ofrece la posibilidad de curar nuestras viejas heridas y librarnos de la práctica habitual de la autocrítica. Inspirada en la filosofía de una obra ya famosa en la psicoterapia espiritual, *Un curso de milagros*, y en sus años de experiencia clínica, Robin Casarjian nos demuestra que la liberación del pasado no sólo es posible sino también necesaria, si queremos alcanzar una salud y una armonía duraderas.

En estas páginas encontraremos ejercicios, meditaciones y visualizaciones que nos ayudarán a reconocer nuestro dolor y al mismo tiempo nos guiarán para salir de él y superarlo. A partir de su experiencia clínica, la autora nos ofrece relatos conmovedores de lo que significa la práctica del perdón entre padres e hijos, entre los miembros de una pareja o entre empleados y jefes; los casos expuestos, incluso aquellos de las víctimas de delitos o de la injusticia, nos demuestran cómo el perdón se constituye en un medio terapéutico eficaz para lograr la paz interior.

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