



# Infedeltà (Italian Edition)

*Maria Cristina Strocchi*

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La lettura di questo libro è un valido aiuto a comprendere le dinamiche che portano al tradimento e quali sono i tratti delle personalità più predisposte a venire meno ai patti. L'autrice offre la sua consolidata esperienza sul tema della vita di coppia, fornendo strumenti utili per uscire dal buio tunnel del tradimento e, altresì, consolidare il rapporto, attraverso la conoscenza delle dinamiche di relazione e guidando le persone a imparare dai propri errori, ritrovando speranza e motivazioni esistenziali.

L'autrice, psicologa e psicoterapeuta di lunga e comprovata esperienza, si occupa del tradimento. In più passaggi, il testo offre una fotografia delle relazioni, delle personalità attratte dalla clandestinità dei rapporti e fuorviate nella loro idea di

rapporto di coppia. L'analisi si apre sul tema della comunicazione efficace, strumento indispensabile per il buon mantenimento dei legami e relazioni.

Alcuni racconti sono stati inseriti per aiutare il lettore ad inoltrarsi in varie situazioni possibili e diverse, che però rilevano congiuntamente quanto il tradimento possa essere causa di sofferenze, spesso evitabili, e talvolta con esiti devastanti. Con il suo realismo professionale e la grande carica umana che la contraddistinguono, aiuta i lettori ad analizzare meglio e prevenire, dove possibile, comportamenti e dinamiche nocive ai rapporti, fornendo al tempo stesso validi supporti pratici e comprensibili, frutto di lunghi studi e attività.



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