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Walter riso libros pdf

An Argentine author of Italian descent, Walter Riso holds a PhD in psychology, specializing in cognitive and bioetic therapy. Riso had a long career as a clinical psychologist with more than thirty years of experience, coupled with university education. Riso regularly participates in various media outlets, Riso is known to the general public thanks to his outreboreal books on common therapies to improve quality of life and mental health. Among his work should be highlighted titles such as *The Boundaries of Love*, the right to be human, the art of flexibility or male influence, among other things. Photo: Luciana Riso courtesy of planeta This website uses cookies to improve your experience while navigating your website. Cookies categorized as necessary are stored in your browser as they are essential for the functionality of the basic functions of the website. We also use third-party cookies to help us analyze and understand how you use this website. These cookies are only stored in your browser with your consent. You can also opt out of these cookies. However, disabling some cookies can affect your browsing experience. Today we present to you a collection of the top 10 books by Walter Riso. But first, a little bit of the life of this renowned author. Walter Riso was born in Naples, Italy. He was born in 1951, and from a young age his family moved to Buenos Aires, where Riso lived with his family as a child. Currently, Walter Riso lives in Latin America and Barcelona – Spain. Riso is a clinical psychologist at the National University of San Luis, master of bioethics at the University of the Forest Bogota, specialist in cognitive therapy at the University of Norte de Barranquilla and Doctor Honoris Causa in psychology at the Universidad Privada in San Pedro. In, a professional biography of Walter Riso also highlights the work of founder of FORMAR (Center for Research and Behavioral Therapy). Riso is also honorary president of the Colombian Society for Cognitive Therapy. Something remarkable is that Walter Riso shares his professional career with two fundamental axes: university education and writing (publishing articles and books). For the past thirty years he has worked as a clinical psychologist, a practice that alternates between higher education in Latin America and Spain, and the publication of scientific and educational documents in various media, many of which are very successful among readers. He published 25 books in technical and information texts. His works have been translated into more than twelve languages, including Chinese, Dutch, German, Italian, Catalan, Slovenian and English. They strive to offer a vaccine against human suffering, proposing healthier approaches to different aspects of life. Walter Riso is also a performer. As a professional, he not only shares his knowledge through published books, but also lectures. In clear and simple language, he deals with topics of interest to the reader about personal development, striving for happiness, self-esteem, happiness, love, emotional intelligence, personal relationships and human issues. Riso regularly participates in various media outlets, Riso is known to the general public thanks to his outreboreal books on common therapies to improve quality of life and mental health. His books are an invitation to ponder the universal art of seeking happiness. His work should be highlighted among titles like *The Limits of Love*, *The right to say no*, the art of being flexible or male affectivity, lovers or slaves, *Fidelity* is much more than love, male affectivity, issue of dignity and extremely dangerous likes, among other things. Walter Riso was born in Italy in 1951, a renowned psychologist with a long career who grew up in Argentina as a child, where he developed most of his career and settled in Colombia. Thanks to his professional career as a specialist in cognitive and bioetic therapy, this author has managed to communicate the main problems people face in making full use of it and improving loving relationships in a balanced and satisfying way. His books are basically publicized in therapies, so he checks whether he can guide readers with real experiences and methods that are effective so that they can improve the quality of life of mental health. It is characterized by the special sensitivity of the language, which, together with the simplicity of the words, manages to achieve the understanding of individual readers. Some of the most prominent titles: *The right to say no*, *The Limits of Love*, *The Art of Being Flexible*, among others. *Walter Riso Love or dependent? How to overcome emotional attachment and make love to a full and healthy experience* 226 Reviews *How did you have an affair? Respectful or addicted? To truly love doesn't mean putting aside your own emotions and living with someone else, on the contrary, that both can integrate respectfully. Considered a disease, this addiction or affective addiction can be prevented and cured. As a book dedicated to helping those who were victims of unhealthy love, as well as those who still avoid it, Walter Riso is committed to describing all types of relationships and suggestions for healing them, so and learn to fix it. It's very well structured and schematic, so it's time to love me intensely and without attachments. See reviews on Amazon's Walter Riso I said goodbye, now how to forget about it. A guide to getting your ex out of the head and heart of 199 opinions is weaning off, or having a breakup or a healthy or traumatic with someone who loves you, is certainly a difficult process to confront and overcome, in which you can have negative feelings that damage your own esteem. In this guide, Walter Riso defines this process as an affective duel consisting of five stages: denial, anger, depression, negotiation and acceptance. Emphasizing each of these, on the pages you will find suggestions that will teach you how to identify, understand and manage them individually. It also helps maintain self-esteem and self-love by inviting you to work on your personal life project that most of the time. In the end you will understand that disassociation yourself with all love is not impossible, you just have to do it the right way. SEE REVIEWS AMAZON's Walter Riso falls in love with you. The fundamental value of self-esteem 143 Opinions to maintain good self-esteem is syneremous with prosperity, and to increase it also raises positive emotions that encourage you to trust yourself more, improve your personal and other relationships, and approach new tasks, goals, emotional independence and autonomy. To help you do this, Walter Riso asks you to read and think about every aspect of the book, which makes suggestions, practices, examples, statements, and includes additional tools to fall in love with yourself as you grow stronger in the face of the problems of everyday life. SEE REVIEWS AMAZON Walter Riso Detach without anesthesia. How to strengthen emotional independence 139 Opinions Since childhood there is a tendency to stick to things, people, attitudes, habits, values and cultures, but in some cases these attachments instead help you grow well to get stuck and feel that it is impossible to move on. How to get rid of this? In this work, Walter Riso uses a particularly simple language to explain the causes and causes of attachments, while providing effective keys for confronting and preventing them. The author uses real examples of his patients to lead the reader to full understanding, promoting emotional independence, a freer lifestyle, and a passion for achieving new dreams and goals. See reviews on Amazon's Walter Riso Wonderfully imperfect, outrageously happy. Ten liberating premises that transform your life 112 Opinions Irrational perfectionism is a condition that you can also demand and that feelings such as mood, stress, sadness and anxiety before in situations you can not control. According to Walter Riso, this mindset is a condition of parental irrational beliefs that advance behavior. Perfect for those who've learned to be the best in any field of life, and don't know how to live without guilt, it's a job that explains ten liberating rooms that invite thinking and help you live without pressure or too self-forging. In a close and liberating style, Riso promotes self-love and personal development. Seeing reviews from Amazon's Walter Riso *The Limits of Love* 72 Opinions A mature love is not what justifies everything, it doesn't require giving yourself up or life projects. On the contrary, this kind of love can be a form of self-realization, as long as it happens the right way. Walter Riso shows in this book how to love without destroying ourselves, avoiding bad choices and learning the mistakes that sometimes happen. It also teaches you how to overcome anxiety, managing relationship stress, how to deal with conflicts of interest, and most importantly, love without having to put yourself up. Consultation work of many psychologists. SEE REVIEWS AMAZON Walter Riso Think well, feel good 59 Reviews The human mind is so fascinating that it can heal us. Suffering is part of the life process, but with a positive mental process, we are able to reverse it. Walter Riso offers a proposal based on getting to think for yourself to encourage more rational and healthy personal development. With the help of the right tools, as well as testimonies, dialogues between patients and thoughts of great philosophical conditions, it leads to a knowledge of human potential and understands that there is no justification for unnecessary suffering. See reviews on amazon Walter Riso I get tired of you 51 Reviews What is the point of an ongoing relationship that hurts you? Lies, jealousy, possession, habit, fear, deception and more negative traits are part of a relationship, and in some cases people choose to endure it in the name of love, but the truth is that it does not justify maintaining a relationship in these circumstances. In this book, psychologist Walter Riso delves into the reasons that makes people tired of relationships and begin to show this type of behavior. He asked the question: Is love over, or are you the one who got tired of that love? – the author uses suicide notes to learn to say goodbye. SEE REVIEWS ON AMAZON'S Walter Riso The power of flexible thinking 28 Walter Riso reviews makes a significant difference to what the flexible and mental stiffness. While the former allows for a happier life without harming yourself or others, the latter is full of irrational dogmas that create stress, depression, anxiety, hostility and other negative attitudes leading to suffering. In this motivating guide, the author helps strengthen I and uses it as a tool to combat psychological diseases, promote interpersonal relationships, generate well-being and lead healthier lives on a mental and physical level. With the dispositions of different philosophies, you will understand that you are the only judge of your behavior and that you have an open path to happiness. Seeing reviews from AMAZON's Walter Riso *Ama and not suffering from 27 reviews* it's easy to feel love, but explaining it's complicated and how parenting, experiences and other conditioning can affect your relationship as a couple. Doubts, uncertainties, the caress that never came, the understanding we've been waiting for, knowing if he's the right person and more feeling arises and hurts us, but in this work of Walter Riso, he calls for not only to love without attachment, but also to avoid useless suffering. Using very successful tips and schematic ingredients that a healthy relationship should have, teach couples to build a solid couple's life that you're going to start with or improve the situation. This is also a very real example that you will feel identified and can take as a reference. SEE REVIEWS ON AMAZON Other Lists*