



Del miedo al amor: El Método Pathwork para transformar la relación de pareja

Eva Pierrakos, Judith Saly

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Every man and woman has both a superior and an inferior being. The inferior being is selfish, vengeful, and unreliable—it is responsible for a great deal of the pain people suffer. This guide explains that, in love and relationships, people must learn to get in touch with their inferior beings. By tracing its origins, people can learn to recognize its impulses and transform them into psychologically healthy emotions and actions.

Cada hombre y mujer lleva dentro un ser superior y un ser inferior—egoísta, revanchista y poco confiable, que es responsable de gran parte del dolor que sufren las personas. Esta guía nos dice que en el amor y en las relaciones con los demás, no hay respuestas superficiales. Si no logramos entrar en contacto con nuestro ser inferior, si no descubrimos cómo pudo crearse y qué lo mantiene latente, jamás podremos transformarlo o dominarlo.

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