



# **La familia: De relaciones tóxicas a relaciones sanas (Spanish Edition)**

*Laura Rojas-Marcos*

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# La familia: De relaciones tóxicas a relaciones sanas (Spanish Edition)

*Laura Rojas-Marcos*

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**La prestigiosa psicóloga Laura Rojas-Marcos nos propone un recorrido fácil para conseguir disfrutar de unas relaciones familiares sanas, algo esencial para alcanzar nuestra propia estabilidad emocional.**

**Vivir plenamente en familia es un proceso que todos podemos aprender y llevar a la práctica.**

Para la mayoría de las personas todo se experimenta por primera vez en la familia. Es en el entorno familiar donde construimos el primer vínculo emocional, donde recibimos las primeras lecciones sobre la vida y donde surgen también los primeros sentimientos de rechazo.

Todos tenemos una familia y no podemos elegirla. Sin embargo, sí podemos elegir, en mayor o menor grado, el tipo de relación que queremos tener con cada uno de los miembros que la componen.

Como seres humanos, tenemos la capacidad de desarrollar habilidades para protegernos de aquellos familiares «tóxicos», incluso los más cercanos, con los que sentimos que no tenemos nada en común, o que nos causan estrés o sencillamente no nos gusta su manera de ser.

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