

# La Afectividad masculina Lo que toda mujer debe saber acerca de los hombres Biblioteca Walter Riso Spanish Edition

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## BOOK DETAILS

- Author : Walter Riso
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## **BOOK SYNOPSIS**

The stereotype of masculinity imposed on us by cultural norms is contradictory, absurd, and limits human affection. This model confronts social demands with personal needs, which is difficult to break free from without being branded as weak, cowardly, or a failure. Using this as a starting point in his clinical experiences and analysis of contemporary reality, the cognitive therapist Walter Riso puts these assumptions that govern our understanding of "masculinity" into question. This book, aimed primarily at women, shows how the archetype we have created is not only an impossible idealization, but it also causes emotional imbalance that sometimes harm individuals and affect their relationships within their families.

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