



Vivir para amar: Un encuentro con los tesoros de tu mundo interior (Virginia Satir series)

By Virginia Satir

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A collection of excerpts from various books, articles, group sessions, and conference papers the author wrote over her lifetime, this work showcases the thinking of a pioneer in the practice of family therapy. Satir believed that therapy was an intense experience of the inner self, which could not only solve pain, but also provide joy and peace of mind.

Recopilados de libros, artículos, fragmentos de algunas sesiones de grupo, y conferencias en la ajetreada vida de Satir, las excerptas en este libro presentan la enorme fortaleza física y espiritual de una de las más reconocidas innovadoras en la práctica de terapia familiar. Satir creyó que la terapia era una experiencia intensa que no solo puede curar el dolor sino también proporcionar paz interior.

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Editorial Review

About the Author

Virginia Satir has been a family therapist for more than 50 years. She was the founder of the Satir model and helped create the country's first program in family therapy in 1959 at the Mental Research Institute in Palo Alto, California. She is the author of *Nuevas relaciones en el núcleo familiar*, *Terapia familiar paso a paso*, and *Vivir para crecer*.

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