



La Terapia Pessó-Boyden (PBSP): Para lograr una vida llena de placer, satisfacción, significado y conexión (Maestros de la psicoterapia) (Spanish Edition)

Albert Pessó, Diane Boyden-Pessó, Lowijs Perquin

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Este libro nace para dejar un legado en español del trabajo de Albert Pessa y su esposa Diane Boyden-Pessa.

Al Pessa ha sido uno de los grandes de la psicoterapia corporal. Su labor ha llegado a muchos países de manera directa o indirecta y su influencia puede verse en numerosas terapias de reciente aparición. La terapia Pessa-Boyden, o PBSP, se enseña en Alemania, Holanda, Inglaterra, República Checa, Estados Unidos, Noruega, Bélgica y Suiza entre otros estados. Por primera vez se traducen sus textos al español en este libro.

Al Pessa aporta a la terapia su verdadero significado: Una terapia es aquel trabajo con otra persona que tiene la capacidad de devolver al individuo el derecho propio a estar en la vida que es natural e innata, de experimentar el placer y satisfacción además de poder darle un significado profundo a sus vivencias gracias a una sana conexión con los demás.

La labor de Albert Pessa, Diane Boyden-Pessa y el psiquiatra Lowijs Perquin, ha creado un sistema que merece la pena divulgar, ensalzar y compartir con otros.

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