



# La bondad de los malos sentimientos (Spanish Edition)

*Susana Méndez Gago*

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## **La bondad de los malos sentimientos (Spanish Edition)** Susana Méndez Gago

Este libro está dedicado a reflexionar sobre los malos sentimientos, a exponerlos desnudos y sin temor, a analizar su función en el marco del resto de estados emocionales, su papel para con ellos.

Veremos cómo su negación afecta a individuos y a grupos, y las formas que toman cuando no se los deja fluir con naturalidad. Asistiremos al conocimiento de su bondad, de su funcionalidad para la vida y desvelaremos lo positivo de conocerlos y reconocerlos. Constataremos también su función social y cómo su ausencia nos debilita colectivamente.

Al desmontar su mala imagen podremos comprender mejor su papel a la hora de regular la socialización y la convivencia y, sobre todo, a tenerlos en cuenta para así convivir mejor con ellos. Completaremos entonces esa paleta emocional de colores, equilibrando el cromatismo, acercándolo más a la realidad de la naturaleza en la que conviven todas las tonalidades.

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