



# El origen de la ansiedad (Spanish Edition)

*Ariel Joselovsky*

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## **El origen de la ansiedad (Spanish Edition)** Ariel Joselovsky

Con este libro, y con más de treinta años de experiencia, Ariel Joselovsky nos muestra, a través de algunos casos de su consulta, cómo romper con el círculo vicioso del miedo, la ansiedad y el síntoma.

«Hoy en día, la principal relación de un individuo con sus semejantes pasa por la percepción del éxito social, la productividad y la recompensa que esta conlleva. Esta circunstancia produce un miedo que se expresa en el cuerpo con un difuso, aunque muy incómodo, estado de inquietud física de cuyo origen no se es consciente y que en general suele llamarse ansiedad.

Solo soportando la verdad de uno mismo tal como es vendrá la tolerancia, ese valor que calma el cuerpo y aporta fortaleza vital y claridad de pensamiento para enfrentarse a los miedos propios y no contagiarse de los ajenos. Hoy hay miedo a vivir en plenitud, miedo a crecer, miedo al conocimiento y, sobre todo, miedo a las propias capacidades.

En el cuerpo habita nuestra esencia y el hecho de comprenderla es el primer paso para creer en uno mismo.»

–Ariel Joselovsky

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