



# **De la ruptura a la sutura (B de Books) (Spanish Edition)**

*Isabella Santo Domingo*



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Él ha dejado de llamarte, no contesta a tus preguntas, se olvida de las fechas importantes, ha dejado de firmar sus mensajes 'con amor'...

Son señales de que los días están contados y el desengaño se acerca: la relación se ha roto o está a punto de romperse. Pero ¿cómo vas a enfrentarte a la ruptura? ¿Serás capaz de decir 'adiós' al que te está destrozando el corazón? ¿Conseguirás sobrevivir al duelo y reponerte de esa desilusión?

En algún momento de la vida todas nos hemos sentido traicionadas, abatidas por la desilusión, a todas nos han abandonado y han hecho que nos hundamos en la desesperación. No sabemos afrontar el «después» y creemos que seguimos amándolo porque él ya no está. Continuamos abrigando falsas esperanzas, buscando razones y motivos para entender la ruptura. Cometemos error tras error intentando recuperarlo, perseguimos fantasmas, atribuimos la culpa a terceros.

Isabella Santo Domingo presenta, de manera divertida, con humor y mucha ironía, las distintas fases del desastre emocional llamado 'despecho'. Nos pone alerta y nos enseña a descifrar las 'señales' que ellos nos envían para que la ruptura no nos coja desprevenidas, para que el desengaño no dure tanto ni sea tan desastroso. Isabella Santo Domingo sabe de qué habla y es capaz de reírse de sí misma recordando los errores que ha cometido. La propuesta es que tomemos cartas en el asunto y con hilo y agujas remendemos nuestro corazón. Sólo así lograremos dejar de sufrir.



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