



El ciclo vital de la familia (Spanish Edition)

Lauro Estrada Inda

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La principal relación emocional que establece el ser humano, y la primera que descubre al nacer, es la familia. Sin ésta, la sociedad no estaría fundada sobre una base esencial y su composición sufriría serios trastornos.

La estructura biológica y psicológica de la familia humana pasa por un "ciclo" (nace, crece, se reproduce y muere) que comprende seis etapas: el desprendimiento, el encuentro, los hijos, la adolescencia, el reencuentro y la vejez. Durante el periodo de cada fase, el núcleo familiar se convulsiona, por lo que es preciso que se adapte a ella, lo que puede darse en forma sana o patológica.

Este libro proporciona los elementos necesarios para reconocer y comprender esas fases por las que cruza la familia, convirtiéndose en conocimientos útiles tanto para el público en general como para el lector especializado, e incluye casos reales específicos de cada una de las fases, que reafirman los conceptos vertidos y dan una interpretación veraz de la forma en que se originan los conflictos que día con día surgen en la familia.

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