

Descargar Libro En Línea PDF Epub Mobi Español El Acoso Moral - Marie-France Hirigoyen



Descargar libro en línea PDF epub mobi Español El acoso moral Marie-France Hirigoyen , El «acoso moral» es el concepto que describe la posibilidad de destruir a alguien sólo con palabras, miradas o insinuaciones. En este libro, que se alimenta de numerosos testimonios, la autora analiza la especificidad de este tipo de relaciones perversas y nos enseña a identificarlas allá donde se produzcan, ya sea en la pareja, la familia o la empresa.

El acoso moral genera, en las personas que lo sufren, una espiral depresiva, cuando no suicida, que las arrastra hacia una caída mortal. Es una agresión constante e insidiosa de una persona hacia otra con la que el agresor pone de manifiesto su voluntad de desembarazarse de alguien sin mancharse las manos, pues estas personas perversas saben enmascarar muy bien sus intenciones.

Marie-France Hirigoyen nos enseña a identificar estas imposturas para que las víctimas puedan recuperar sus puntos de referencia y librarse de la influencia destructiva de su agresor.

Apoyándose en su experiencia clínica, la autora se sitúa del lado de las personas agredidas y nos hace comprender que el acoso que éstas sufren cotidianamente es un verdadero «asesinato psíquico».

Gracias a este libro el problema del acoso moral está dejando de ser un tabú, pero todavía queda mucho camino por recorrer hasta erradicar este tipo de tortura psicológica. Y ello lo convierte en una lectura imprescindible.

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