

# Descargar Libro En Línea PDF Epub Mobi Español El Maltrato Psicológico - Luis De Rivera



**Descargar libro en línea PDF epub mobi Español El maltrato psicológico Luis de Rivera** , Las ideas autodestructivas, depresión, fatiga crónica, irritabilidad, ataques de pánico, insomnio, apatía, desinterés por la vida, son consecuencias de sufrir alguna de las formas de maltrato psicológico de las que nos habla este libro: mobbing o acoso laboral, bullying o acoso escolar, acoso sexual, en pareja, en el entorno familiar... ¿Por qué se produce? ¿Quiénes son las víctimas idóneas? ¿Qué rasgos tienen los acosadores? ¿Cuáles son las consecuencias extremas de una situación de acoso? ¿Qué instituciones o estructuras sociales facilitan la existencia del acoso? ¿Qué podemos hacer frente al maltrato psicológico? Con una amena exposición, apoyada en numerosos ejemplos de la vida cotidiana, cuadros y tablas, el Dr. Luis de Rivera introduce al lector en un fenómeno social cuya incidencia es ya muy preocupante. Recomendado por la Asociación Española contra el Acoso Psicológico en el Trabajo.

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