



El Lenguaje del Perdon: El No Perdonar te Roba la Capacidad de Amar (Language Of Forgiveness Spanish Edition): Unforgiveness Robs Us of the Capacity to Love

By Sixto Porras

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Love does not grow by itself. It must be nourished daily with gentle words, trust, and good communication. When we allow hate, resentment and lack of forgiveness to take over, we start killing love. Distance takes its place, along with indifference, yelling, demeaning silences, and reproaches.

Forgiveness is the bridge that enables dialogue to regain trust and strengthen the relationship. If we don't forgive and ask for forgiveness, we may kill the joy of sharing our lives with others.

Remember...

When arguing, humility brings out the best solution.

Do not hold grudges without forgiving or asking for forgiveness.

Complaining, insults, and mockery turns love away.

Approach your partner with gentleness.

Hold yourself accountable for your mistakes.

To experience a flourishing relationship, you must give your best every day.

When there is true love, it's never too late to appreciate it. Today is the best day to ask for forgiveness and start all over again!

El amor no crece solo. Debe alimentarse cada día con palabras de afirmación, afecto, confianza y diálogo. Cuando dejamos que el rencor, la amargura y la falta de perdón se apoderen de nosotros, vamos matando el amor lentamente hasta producir un distanciamiento que se manifiesta con indiferencia, gritos, silencios que castigan y recriminaciones.

El perdón es el puente que facilita el diálogo para recuperar la confianza, y fortalecer la relación. Si no pedimos perdón y no perdonamos, podríamos matar

la ilusión y la alegría de vivir juntos.

Recuerda...

En una discusión, la mejor solución la alcanza la humildad.

No acumules situaciones sin perdonar o pedir perdón.

La queja, el reclamo, los insultos y la burla alejan el amor.

Comunícate con amabilidad.

Admite los errores.

Decide cada día que darás lo mejor de ti para hacer crecer la relación.

Cuando hay amor de verdad jamás es tarde para apreciarlo. ¡Hoy es un buen día para pedir perdón, y volverlo a intentar!

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Editorial Review

About the Author

Sixto Porras shows a great passion for the family as the foundation that holds us together. Regional Director for Focus on the Family for Iberoamérica, he pinpoints feelings and attitudes that endanger love and provides useful strategies to deal with them. Sixto Porras has produced more than ten thousand shows for radio and TV, broadcast in more than thirty-eight countries. He is a sought-after speaker and writer on family issues.

Sixto Porras, en su gran pasión de luchar por las familias, dirige su atención hacia la imperiosa necesidad del perdón para proteger el amor conyugal, y hacerlo prevalecer. El Director Regional de Enfoque a la Familia para Iberoamérica escudriña sentimientos y actitudes que matan el amor, y nos enseña a lidiar con ellas con efectividad. Sixto Porras ha producido más de 10,000 programas radiales y televisivos que se difunden en más de 38 países. Es un solicitado conferenciante y escritor sobre temas de familia

Users Review

From reader reviews:

Charles Stephens:

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