



# Anatomia della Coppia: I sette principi dell'amore (Italian Edition)

*Erica Francesca Poli*

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**Anatomia della Coppia: I sette principi dell'amore (Italian Edition)** Erica Francesca Poli

Un libro dedicato alla realizzazione della più alta coscienza di sé attraverso l'esperienza della coppia scritto con la solita grazia e rigorosità scientifica che contraddistinguono l'autrice.

Quando siamo in coppia, ci interroghiamo su una esperienza di coppia finita o creiamo una nuova coppia, assai di frequente dimentichiamo che la coppia è un terzo rispetto ai due che la compongono. Ha le sue regole, le sue fasi, i suoi bisogni, la sua coscienza. Molto spesso le difficoltà che incontriamo nelle faccende d'amore sono

legate proprio a questo, all'incapacità di leggere e guidare la coppia costruendo la vera unione che è appunto il terzo essere fatto dai due. Cosa significa esattamente

unione? Come creare l'unione nella coppia? Un viaggio verso l'amore incondizionato e la vera felicità interiore, che prende le mosse dalle più recenti scoperte delle neuroscienze e della psicologia energetica, fino a raggiungere le vette di una riflessione sull'Anima e il salto di Coscienza che l'Amore ci offre, arricchito da casi e storie reali e corredato di un vademecum per la coppia felice davvero applicabile ed efficace.

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