

Los jardines secretos

The secret gardens



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One of the recurring reasons couples give for splitting up is a lack of personal space. We all need a secret, emotional and creative garden where we can take refuge without running away, a sacred corner where we can find ourselves again, choose freely, and reinvent ourselves. A room of our own in which to desire without being judged, which is accessed through intimacy. The care and design of this garden will depend on the quality of the relationships we establish with the other in our daily lives. We are used to neglecting and ignoring this unique site without realizing that it is an essential tool not only for personal development, but also for ensuring that our relationships with our partner, family, colleagues and friends are healthy, constructive and long lasting.

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Additional information **Prizes and reviews:**

"This book grips you and makes an impression, provoking many moments of reflection, and turns out to be revealing and liberating. It is good and beautiful. I hope and wish that reading it will be the key to your own interior garden." ÁLEX ROVIRA???

Josep López's books have been translated into Portuguese, Dutch, German and complex Chinese characters.

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