



**Lo que toda mujer debe saber acerca de los  
hombres: La afectividad masculina (Biblioteca  
Walter Riso) (Spanish Edition)**

*Walter Riso*

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# Lo que toda mujer debe saber acerca de los hombres: La afectividad masculina (Biblioteca Walter Riso) (Spanish Edition)

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## **Lo que toda mujer debe saber acerca de los hombres: La afectividad masculina (Biblioteca Walter Riso) (Spanish Edition) Walter Riso**

Contrariamente a lo que algunas mujeres suponen, no es fácil ser varón. El estereotipo de la masculinidad impuesto por la cultura constituye un concepto contradictorio, absurdo y limitante de la afectividad humana. Es un modelo que enfrenta a las exigencias sociales con las necesidades personales, y del que es muy difícil liberarse a riesgo de ser tachado de débil, cobarde o fracasado. Tomando como punto de partida su experiencia clínica y su análisis de la realidad contemporánea, el terapeuta cognitivo Walter Riso pone en tela de juicio las premisas que rigen el concepto que tenemos sobre lo que “debe” ser un hombre.

El autor demuestra hasta qué punto el arquetipo que hemos creado no solamente es una idealización imposible de alcanzar, sino que provoca –precisamente por su imposibilidad– desajustes emocionales que dañan al individuo y afectan sus relaciones familiares y de pareja.

Walter Riso es psicólogo, especialista en terapia cognitiva y magister en bioética. Desde hace veintiocho años trabaja como terapeuta, labor que alterna con el ejercicio de la cátedra universitaria, la realización de investigaciones en la práctica clínica y publicaciones científicas y de divulgación psicológica. Actualmente es profesor de terapia cognitiva en diferentes facultades de psicología en Latinoamérica y España y es presidente honorario de la Asociación Colombiana de Terapia Cognitiva.

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