



LAS MENTIRAS DEL SEXO: Claves para una sexualidad sin tabúes ni culpas (Spanish Edition)

Antonio Galindo

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¿Qué sientes cuando escuchas la palabra sexo? ¿Está en los genitales, en el cerebro, en todo tu cuerpo? ¿Dónde sitúas el límite entre lo que consideras sexual y lo que no lo es? En nuestra cultura la sexualidad está desintegrada y separada de la persona. El sexo se ha relegado a espacios a veces innombrables. En ocasiones, al hablar de sexo, se desvanece la naturalidad o incluso se congelan las expresiones. Entonces, el sexo representa el límite de las ideas permitidas y se desencadena la censura para experimentar y sentir. Sin embargo, el sexo es parte constitutiva de la naturaleza humana. La sexualidad no es un ámbito de estudio sino una manifestación esencial del hecho de estar vivos. Cuando nos relacionamos con el sexo como si fuera algo ajeno a nosotros, dejamos de saber quiénes somos y nos perdemos. Este libro revela las contradicciones, mentiras y sentimientos de culpa en relación con el sexo que vivimos, el que deseamos vivir y el que viven otras personas. De ese modo, el autor nos brinda las claves para conectar con nuestro ser más profundo y recuperar nuestra totalidad. Porque en el fondo, el sexo es el espejo oculto del alma, la llave maestra para aceptarnos a nosotros mismos tal cual somos y para aceptar a quienes viven la sexualidad y la propia vida de manera diferente a la nuestra.

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