



# **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**

*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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