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Nuevo Capítulo "Tecnología: Un nuevo miembro en la familia"

Los **padres** proyectamos en **nuestros hijos** nuestras expectativas de la vida, nuestras frustraciones, nuestras etapas de la infancia o adolescencia sin resolver, nuestros "hubiera" y nuestras necesidades insatisfechas, esperando inconscientemente que ellos se conviertan en una extensión de nosotros mismos y que cierren esos asuntos inconclusos.

Conocer la "parte oculta" de nuestra relación, comprender por qué ese hijo, específicamente ése, nos saca tan fácil de nuestras casillas, por qué nos desagrada, por qué nos es tan difícil amarlo, por qué estamos empeñados en cambiarlo, por qué lo presionamos con tal insistencia para que haga o deje de hacer, nos abre la puerta a la posibilidad de un cambio profundo en la relación con él. Darnos cuenta contribuye a transformar los sentimientos de rechazo, rencor y su consecuente culpa, que pueden resultar devastadores, facilitando el paso al único sentimiento que sana, une y transforma: el **amor**.

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