



El camino de la felicidad (Spanish Edition)

Jorge Bucay

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No pienso que haya un único camino hacia la felicidad. Jorge Bucay (Buenos Aires, 1949) es médico y psicoterapeuta gestáltico. Traslada en cada libro su experiencia terapéutica, manteniendo como clave un gran sentido del humor. Sus narraciones le permiten a sus pacientes entender mejor sus problemas, sin escatimar recursos simbólicos a la hora de ilustrar conceptos. Autor de Cartas para Claudia (1989), Recuentos para Demián (1994), Cuentos para pensar (1997), De la autoestima al egoísmo (1999) y Amarse con los ojos abiertos (2000), es autor también de los cuatro libros que constituyen la serie Hojas de Ruta, publicados entre 2000 y 2002: El camino de la autodependencia, El camino del encuentro, El camino de las lágrimas y El camino de la felicidad. Los libros del Dr. Bucay son best-séllers en México, Uruguay, Chile, Costa Rica, Venezuela, Puerto Rico y España, y han sido traducidos para su publicación en Estados Unidos, Inglaterra, Corea, Hungría y Brasil, entre otros.

Y si lo hubiera, yo no lo conozco.

Y si lo conociera, no creo que pudiera describirse en un libro.

Sin embargo, la felicidad es un tema tan profundo y tan necesitado de estudio como lo son la dificultad de comunicación, el amor o la muerte.

Porque estamos hechos para buscar la felicidad

Porque los sentimientos de amor, afecto, intimidad y solidaridad coexisten casi siempre con mayores niveles de felicidad.

Porque no es lo mismo SER feliz que ESTAR feliz.

Porque los que creen que la felicidad consiste en instantes, no han entendido todavía que los malos momentos forman parte de un fenómeno general donde es posible ser feliz.



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