



La belleza de sentir (Actual) (Spanish Edition)

Eva Bach

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De las emociones a la sensibilidad.

Hablamos mucho de emociones, pero aún no las comprendemos. Como seres humanos, debemos conocerlas mejor y aprender a transformarlas en sensibilidad. Porque, como señala la autora, la transformación que le hace falta al mundo no será fruto únicamente de mentes brillantes. Necesitamos, también, corazones abiertos y miradas libres de miopías emocionales. En el futuro, las mejores decisiones serán obra de personas con sensibilidad exquisita.

Con un texto que nos acaricia delicadamente por dentro y nos va calando como lluvia fina, la autora nos guía de las emociones a la sensibilidad. Porque experimentar emociones es humano —nos dice—, pero no siempre es sinónimo de sensibilidad o humanidad. Y saber mucho nos servirá poco si vivimos desconectados del propio corazón.

Dividido en dos partes, la primera se dirige a los adultos en general. Con ejemplos muy ilustrativos, nos propone 12 pasos para transformar las emociones naturales o primarias, propias de nuestra especie, en sentimientos sabios, lúcidos y sublimes, que nos revisten de sensibilidad, humanidad y belleza.

La segunda parte está dedicada a un gran tesoro de la humanidad: los niños y las niñas, y sus familias y educadores. Eva Bach nos ofrece una propuesta totalmente inédita. Cuando se acaban de conmemorar 25 años de la Convención de Ginebra sobre los Derechos de los Niños, nos propone 10 necesidades y derechos de los niños para un crecimiento emocional sano. Y es que, como ella misma concluye, un mundo más humano solo será posible si sabemos atender y entender el corazón de los niños desde el corazón propio.

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