



La cabra canta: La libertad de elegir el lado bueno de la vida (Terapia Breve) (Spanish Edition)

Ludovica Scarpa

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La obra que el lector tiene en sus manos propone una receta práctica que intenta reflotar la dimensión cognitiva de nuestras emociones. Libertad y racionalidad se reconstruyen a través de un diálogo en el que se renuncia a cualquier pretensión de seguridad o certeza definitiva, ya que nuestra vida, en el fondo, no es más que un continuo experimento social. Cada día reflexionamos sobre lo que acontece, definimos su significado y nos comportamos en consecuencia. El objetivo es vivir mejor, con nosotros mismos y con los demás.

A través de cincuenta y dos casos de antropología de lo cotidiano, Ludovica Scarpa nos conduce al descubrimiento de una mirada atenta, imparcial y etnográfica que nos permitirá guiar nuestras elecciones y resolver conflictos y bloqueos, suministrando una renovada confianza en nuestras capacidades y en la posibilidad de instaurar un diálogo constructivo con los demás.

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