



APRENDER A FLUIR (Spanish Edition)

Mihaly Csikszentmihalyi

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¿Cómo pasamos los días? ¿Qué es lo que nos proporciona placer? ¿Cómo nos sentimos cuando comemos, vemos la televisión, tenemos relaciones sexuales, trabajamos, conducimos el coche o charlamos con los amigos? En base a un extenso estudio de miles de personas, Aprender a fluir sostiene que, por lo general, pasamos los días inconscientes de nuestra vida emocional y sin contacto alguno con ella. La consecuencia es que vamos saltando de un extremo al otro: viviendo con ansiedad el trabajo cotidiano e inmersos en el aburrimiento durante el ocio. Ahora bien, cabe salir de esta asfixiante pendulación. Mitad estudio psicológico, mitad libro de autoayuda, Aprender a fluir es una guía preceptiva enormemente útil que nos conduce a recuperar la plenitud de nuestra propia vida. La clave está en ponernos retos, tareas que exijan un alto grado de concentración y compromiso, en lugar de ceder a un hedonismo hueco. Pionero de la llamada "psicología de la vida cotidiana", y autor del best-seller mundial Fluir (Flow), M. Csikszentmihalyi nos empuja hacia una vida más plena y más feliz, y a experimentar la alegría del compromiso total con lo que a cada momento se está haciendo.. Aprender a fluir es un libro que realmente puede cambiar nuestra vida.

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