



## 20 pasos hacia delante (Spanish Edition)

*Jorge Bucay*

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A lo largo de los últimos veinte años, Jorge Bucay ha buscado tanto en el pensamiento de los sabios como en la sabiduría popular de los cuentos mensajes para enseñar y divulgar la manera de enfrentarse a los desafíos de la vida. Enseñar a anticipar el puedo al quiero, para que el deseo no quede condicionado por la fantasía de una limitación de tiempos pasados. Ayudar a quien le lee a darse cuenta de que sus ideas de «no debes» o «no puedes» la mayor parte de las veces no pertenecen más que a un ayer donde posiblemente otro yo anterior, no podía, no sabía o no quería saber. Un tiempo en el que aquellos que fuimos, se quedaban dependiendo del cuidado de algunos y a merced de la decisión de otros.

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.

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