



Los patitos feos: La resiliencia. Una infancia infeliz no determina la vida (Spanish Edition)

Boris Cyrulnik

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Las claves para pasar de ser un patito feo a un hermoso cisne, libre de traumas y conflictos emocionales.

Los patitos feos es un referente imprescindible en el campo de la psicología moderna.

Resiliencia: dícese de la resistencia que ofrece un cuerpo a la rotura por golpe o de la capacidad humana de asumir con flexibilidad situaciones límite y sobreponerse a ellas.

Tras superar una difícil infancia marcada por la muerte de sus padres en un campo de concentración nazi y su posterior paso por distintos orfanatos y centros de acogida, Boris Cyrulnik adoptó el concepto de «resiliencia» y lo aplicó al campo de la psicología infantil para demostrar y explicar cómo todo niño puede volver a empezar después de haber sufrido una experiencia traumática.

Maria Callas o Georges Brassens son dos de los casos más célebres, pero hay muchos más ejemplos en las páginas de este libro que ponen de manifiesto que ninguna herida es un destino, que un niño traumatizado no está condenado a convertirse en un adulto fracasado y que alguien que ha sido maltratado en la infancia no tiene por qué convertirse en un futuro maltratador.

Reseñas:

«Una de las teorías más optimistas que ha visto la ciencia en los últimos decenios.»

La Vanguardia

«Fascinante y revelador.»

The Guardian

«Los niños maltratados tienen esperanza para Cyrulnik. Su vida puede no solo ser normal sino magnífica.»

El Cultural, El Mundo

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