



Las 3 preguntas (Spanish Edition)

Jorge Bucay

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¿Quién soy?

¿Adónde voy?

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“Tres desafíos, tres caminos, tres preguntas para contestar en ese riguroso orden. Para evitar la tentación de dejar que sea quien está conmigo el que termine decidiendo adónde voy. Para evitar caer en el error de definir quién soy a partir de quién me acompaña. Para no pretender definir mi rumbo desde lo que veo del tuyo. Para no permitir que nadie quiera definirme en función del rumbo que elijo y mucho menos confundir lo que soy con esta parte del camino que voy recorriendo.

Jorge Bucay

Muchas de las ideas de este libro fueron publicadas con anterioridad en la colección Hojas de ruta (El camino de la Felicidad, de la Alegría, de las Lágrimas y de la Autodependencia). Hoy, actualizadas y reordenadas por el autor, son una excelente guía en la búsqueda sincera a las preguntas que todos nos hacemos desde siempre.

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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