



El camino de la autodependencia (Spanish Edition)

Jorge Bucay

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A través del camino de la autodependencia nos haremos responsables de nuestra propia vida. Será nuestra responsabilidad apartarnos de lo que nos daña, hacernos cargo de lo que nos pasa y querernos tanto como para privilegiarnos. Y entonces, aparecerá algo que viene con la autonomía y que es la otra cara de la libertad: el coraje.

Tendremos el coraje de actuar como nuestra conciencia nos dicta y de pagar el precio, y seremos libres aunque a otros no les guste. Seremos inmanejables porque a los autodependientes nadie los pueda manejar, solo se manejan a sí mismos.

Será un paso adelante en nuestra historia y una manera diferente de vivir en el mundo y probablemente signifique empezar a conocer un poco más a quien está a nuestro lado. 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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