



El prozac de Séneca: Para aquellos que no quieren sufrir más (Spanish Edition)

Clay Newman

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Nunca antes habíamos sido tan ricos materialmente y tan pobres espiritualmente. Una prueba de ello es el creciente consumo de fármacos como el Prozac o el Tranquimazín, que se han convertido en inseparables compañeros de viaje para millones de personas. Incluso hay quien siente angustia ante la idea de no tenerlos a mano, sin darse cuenta de que, en lugar de erradicar el sufrimiento, se conforman con aliviar los síntomas. Pero también hay quien cree que medicarse no es la solución. Éstos quieren comprender las causas de su malestar, trabajarlas y neutralizarlas porque ya no quieren sufrir más. A ellos se dirige El Prozac de Séneca, cuyas páginas promueven la filosofía estoica y proporcionan la dosis de sabiduría necesaria para aprender a ser felices. Clay Newman defiende que valores como la humildad, el autoconocimiento, la aceptación, la compasión y la confianza, entre otros, son inherentes a la condición humana. No obstante, es necesario conocerlos y activarlos para que sean efectivos. Pronto descubrirás que lo único que te impide ser feliz eres tú mismo.

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