



# **Crisis, crecimiento y despertar: 174 (Serendipity) (Spanish Edition)**

*Enrique Martínez Lozano*

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Las crisis son inevitables. El secreto reside en acogerlas y vivirlas como oportunidad, para seguir creciendo y despertando a lo que somos. Las crisis constituyen un fenómeno recurrente en la vida de las personas y de los colectivos humanos. Asociadas paradójicamente al crecimiento, son expresión de la impermanencia de toda la realidad visible: todo cambia, todo pasa. Ahora bien, lo realmente decisivo no son las crisis, sino lo que hacemos en ellas y con ellas. El autor, a partir de su propia experiencia, conjugando psicología y espiritualidad, nos ofrece un texto eminentemente práctico. Aporta un conjunto de claves para comprenderlas, así como diversas herramientas para gestionarlas de un modo eficaz y provechoso, transformando el dolor en aprendizaje vital. Y, desde una perspectiva transpersonal, nos ayuda a experimentar lo que no cambia, lo que no pasa. Eso inmutable es nuestra identidad más profunda: la meta a la que quieren conducirnos todas las crisis y el baluarte desde donde afrontarlas constructivamente. Enrique Martínez Lozano (Guadalaviar, Teruel, 1950) es psicoterapeuta, sociólogo y teólogo. Es autor de varios libros y se halla comprometido en la tarea de articular psicología y espiritualidad, abriendo nuevas perspectivas que favorezcan el crecimiento integral de la persona. Su trabajo asume y desarrolla la teoría transpersonal y el modelo no-dual de cognición. Es autor de las obras: ¿Qué decimos cuando decimos el credo? Una lectura no-dual; Sabiduría para despertar. Una lectura transpersonal del evangelio de Marcos; Recuperar Jesús. Una mirada transpersonal; La botella en el océano. De la intolerancia religiosa a la liberación espiritual; ¿Qué Dios y qué salvación? Claves para entender el cambio religioso; Vivir lo que somos. Cuatro actitudes y un camino. [www.enriquemartinezlozano.com](http://www.enriquemartinezlozano.com)

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