



# **El camino de los sabios: Filosofía para la vida cotidiana (Biblioteca Walter Riso) (Spanish Edition)**

*Walter Riso*

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*«Partiendo del conocimiento actual que tenemos sobre la mente, es posible afirmar que existen dos caminos para abrir las puertas de la buena vida: la filosofía y la psicología.» Walter Riso*

¿Qué nos pueden enseñar los grandes filósofos? Figuras como Sócrates, Platón, Epicuro, Epicteto, Diógenes y otros pensadores grecolatinos se mantienen vigentes y aún tienen mucho que decirnos no solamente sobre las cuestiones fundamentales que han inquietado al ser humano durante siglos (la vida, la muerte, la libertad), sino también sobre infinidad de problemas cotidianos que nos preocupan a todos.

Walter Riso, reconocido psicólogo y gran conocedor de los clásicos, nos sorprende con una obra accesible que trae hasta nosotros la sabiduría de aquellos que se interrogaron sobre la mejor manera de vivir y amar. Desde la convicción de que las ideas de estos maestros poseen una actualidad indudable, la obra contiene un caudal de sabiduría imperecedera que nos ayudará a entender mejor la realidad y a desenvolvernos de manera más adecuada en ella.

Walter Riso es psicólogo, especialista en terapia cognitiva y magister en bioética. Desde hace veintiocho años trabaja como terapeuta, labor que alterna con el ejercicio de la cátedra universitaria, la realización de investigaciones en la práctica clínica y publicaciones científicas y de divulgación psicológica. Actualmente es profesor de terapia cognitiva en diferentes facultades de psicología en Latinoamérica y España y es presidente honorario de la Asociación Colombiana de Terapia Cognitiva.

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