



Treinta palabras para la madurez: 20 (Serendipity) (Spanish Edition)

José Antonio García-Monge Redondo

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¿Siento que procedo maduramente, de acuerdo a mi edad y situación vital? ¿Respondo con relativa madurez a la estimulación de mi mundo interior y ambiental? ¿Soy modesta pero realmente feliz conmigo mismo, a la vez que establezco relaciones personalizadas, madurantes? Viejas preguntas que abren cuestiones siempre actuales. El proceso de maduración en sus diferentes niveles, que inauguramos con nuestro nacimiento, pasa por crisis que es necesario aprender a manejar. La madurez, tan difícil de delimitar psicológicamente, la intuimos o constatamos en nosotros mismos o en los demás y de ella depende, junto con otros factores, la calidad humana de nuestra vida. Acudir al psicólogo tiene que ver no sólo con crisis agudas, sino con el crecimiento personal, sobre todo en encrucijadas existenciales. El ámbito familiar, de pareja, laboral, social, nos da datos que pueden iluminar la veracidad de nuestro proceso de maduración como urgente y profunda tarea personal y grupal. Este libro, nacido de la escucha psicoterapéutica, del contacto humano con una gran diversidad de personas y culturas y enriquecido con puntos de vista de amigos y compañeros, trata de iluminar el camino de maduración y afrontar el reto de la madurez. Se convierte así en un instrumento de trabajo para personas y grupos que buscan humanizar su vida, la vida, uniendo la experiencia y la palabra.

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