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KEY=JORGE - MAYRA MIDDLETON

Let Me Tell You a Story Tales Along the Road to Happiness Penguin Over 2 million copies sold worldwide Let Me Tell You a Story is a tender and delicate book about the search for happiness. Demián is highly strung young man, curious about the world and himself, but he has difficulty facing some of life's everyday problems, those concerning work, his love life, and relationships with friends and family. He is eager to know more about himself and to learn how to confront life with gusto and serenity. In short, he wants what all of us want: to be happy and fulfilled. Demián finds Jorge, an unconventional psychoanalyst who approaches Demián's dilemma in an unconventional way. Every day, Jorge tells Demián a story. At times they are classic fables, others modern stories, or folk tales, stories that have been revisited and reshaped by the analyst to help his young friend overcome his doubts and find happiness. They are, in short, stories that can help every one of us better understand ourselves, our relationships, and our fears. **Of Parents and Children Tools for Nurturing a Lifelong Relationship Upper West Side Philosophers Incorporated Literary Nonfiction. Parenting & Family. LGBTQIA Studies. Translated by Sarah Moses.** What happens when a father and a son, who both happen to be renowned psychiatrists (and a YouTube sensation) and who also both happen to be parents and children, discuss parenthood? Emotionally packed, entertaining, profound and insightful, **OF PARENTS AND CHILDREN: TOOLS FOR NURTURING A LIFELONG RELATIONSHIP** gets to the bottom of ?what it takes to be a good and responsible parent ?how to become an independent adult while maintaining a loving relationship with your parents ?and how to preserve this fundamental and lifelong bond as a source of strength and mutual renewal throughout your life. **The Power of Self-Dependence Allowing Yourself to Live Life on Your Own Terms Harper Collins** An innovative self-help program draws on a multitude of sources--including folktales, the Bible, Eastern philosophy, and the Torah--to explain how to overcome unhealthy behavior patterns by emphasizing the concept of "self-dependence" to promote self-awareness, personal happiness, independence, and successful relationships with others. Reprint. 20,000 first printing. **The Power of Self-Dependence Allowing Yourself to Live Life on Your Own Terms Rayo World-renowned therapist Dr. Jorge Bucay's** wisdom is finally available in America, helping to change lives in the United States, in the same powerful manner he has done so for countless people throughout the world. In an easy-to-read format, with engaging stories and thoughtful anecdotes drawn from a multitude of sources -- folktales, the Bible, eastern philosophy, and the Talmud -- **The Power of Self-Dependence** leads us beyond our commonplace notion of independence to the more profound concept of self-dependence. Dr. Jorge Bucay, taking on the role of Life-Coach, proposes that in order for us all to attain balance in our lives and to achieve inner peace, we must acknowledge our dependence on those around us -- whether they are friends, family, or even coworkers. We can't, Bucay firmly establishes, go it alone. With his unique blend of spirituality and practical wisdom, Bucay explains why independence proves to be an illusion and demonstrates how understanding this allows us to transform ourselves into healthy, enlightened individuals. Without ignoring our own need for independence, Bucay shows us that as people, we are social creatures who must learn to trust and embrace one another. Before we can seek happiness, says Bucay, we must first learn to be self-dependent -- on our own instincts and of those closest to us. Once we have attained this delicate balance between trusting ourselves and trusting those we love and depend upon, we clear the path toward the ultimate goal: personal happiness. **Adiós Cómo afrontar la partida de nuestros mejores amigos VERGARA** Estas páginas son un material imprescindible para quienes comparten o han compartido su vida con un animal de compañía. Sea que esté sano, enfermo o ya haya partido, este libro es una guía práctica para acompañar ese proceso. Valeria Schapira relata de manera íntima, sincera y cercana su relación con Joy, el perro con quien convive desde hace diez años y a quien considera su gran maestro. La longevidad del animal y, en consecuencia, la idea de su finitud fue tal vez lo que la motivó a escribir este libro. **Adiós. Cómo afrontar la partida de nuestros mejores amigos** es un manual, una "cajita de herramientas", en palabras de la propia autora. Una guía con respuestas a cuestiones prácticas -como qué hacer cuando el animal se enferma, qué tipos de terapias podrían mejorar su calidad de vida, cómo hablar con los niños de la muerte, cómo superar su ausencia- y una ayuda para aquellos que atraviesan momentos similares. En definitiva, una caricia al alma para quienes aman a los animales y saben que ellos son el espejo en el cual todos los seres humanos deberíamos mirarnos para, al fin, evolucionar. **The 1.5 Billion People Question Food, Vouchers, or Cash Transfers? World Bank Publications** Most of the people in low and middle-income countries covered by social protection receive assistance in the form of in-kind food. The origin of such support is rooted in countries' historical pursuit of three interconnected objectives, namely attaining self-sufficiency in food, managing domestic food prices, and providing income support to the poor. This volume sheds light on the complex, bumpy and non-linear process of how some flagship food-based social protection programs have evolved over time, and how they currently work. In particular, it lays out the broad trends in reforms, including a growing move from in-kind modalities to cash transfers, from universality to targeting, and from agriculture to social protection. Case studies from Egypt, India, Indonesia, Mexico, Sri Lanka, and United States document the specific experiences of managing the process of reform and implementation, including enhancing our understanding of the opportunities and challenges with different social protection transfer modalities. **Ponle Color a Tu Vida Frases y Cuentos para Colorear y Pensar** This book contains some of the best phrases of Jorge Bucay about love, happiness, trust, fulfilment, and life. Each page is accompanied by mandalas and drawings to color and calm the reader's mind. **The King and the Magician Abbeville Kids** A mighty ruler discovers someone in his kingdom has more power than himself. But when the king sets out to destroy this fearsome enemy, a humble magician, the tables are turned, and an unexpected journey begins. In this beautifully illustrated story with a timeless message, a feared and cruel king learns of a wise magician in his kingdom who is rumored to be even more powerful than himself. The magician can predict the future, and even worse, he is more popular than the fearsome king. Jealous and insecure, the enraged king plots to destroy this "enemy." But, being a magician, he has a trick up his sleeve that saves his own life and the king's. With help from an unexpected friend, the king transforms from a feared and brutal monarch to a beloved leader. Enduring messages about the power of wisdom and compassion are conveyed in a classic storytelling style and outstanding, original artwork. **Resilienz in der Schule Wie Kinder stark werden Junfermann Verlag GmbH** So werden Kinder stark - und Sie zu ihrem Vorbild Resilienz, also die psychische Widerstandsfähigkeit, ist unerlässlich, um schwierige Situationen und Herausforderungen im Leben bewältigen zu können. Für Lehrerinnen und Lehrer ist Resilienz im Schulalltag eine wichtige Kompetenz, die dabei hilft, gelassener mit individuellen Verhaltensauffälligkeiten einzelner Kinder und mit klassendynamischen Prozessen umzugehen. Resilienz setzt sich unter anderem aus den Aspekten Optimismus und Fehlerfreundlichkeit, Lösungsorientierung, persönliche Verantwortungsübernahme, Selbstwirksamkeit und soziale Kompetenzen zusammen. Pädagogen, die ihren Schülern diese Werte vorleben, unterstützen sie in einer gesunden Persönlichkeitsentwicklung - und vermitteln über das reine Schulwissen hinaus grundlegende Ressourcen für ein selbstbestimmtes und verantwortungsvolles Leben. Mit neurobiologischem Hintergrundwissen und vor allem praktischen Übungen unterstützt dieses Buch Sie in der Entwicklung Ihrer Resilienz und bietet Ihnen Ideen und Anregungen für die Resilienzförderung Ihrer Schüler und Schülerinnen. **Industrial Pharmaceutical Biotechnology Wiley-VCH** This volume focuses on pharmaceutical biotechnology as a key area of life sciences. The complete range of concepts, processes and technologies of biotechnology is applied in modern industrial pharmaceutical research, development and production. The results of genome sequencing and studies of biological-genetic function are combined with chemical, micro-electronic and microsystem technology to produce medical devices and diagnostic biochips. A multitude of biologically active molecules is expanded by additional novel structures created with newly arranged gene clusters and bio-catalytic chemical processes. New organisational structures in the co-operation of institutes, companies and networks enable faster knowledge and product development and immediate application of the results of research and process development. This book is the ideal source of information for scientists and engineers in research and development, for decision-makers in biotech, pharma and chemical corporations, as well as for research institutes, but also for founders of biotech companies and people working for venture capital corporations. **Empieza Hoy El Resto de Tu Vida Jorge Bucay's** insight into human happiness teaches readers that every person is valuable, useful, and irreplaceable, with an infinite capacity to learn and grow. However, most people ignore their own potential and long for the past or the future, basing their happiness on external factors like material possessions or other people's opinions. **Empieza hoy el resto de tu vida** is a moving lesson which will motivate readers to be in the present, face their fears, and transform their dreams into realities. **Trajectoires culturelles transaméricaines médias, publicité, littérature et mondialisation University of Ottawa Press** De quelle manière se transforment les Amériques à travers les discours publicitaires, les textes de vulgarisation économique et la littérature ? Que deviennent les cultures des Amériques dans le contexte de la nouvelle économie mondialisée ? Ces interrogations sont liées à la transformation des identités enracinées dans un territoire, en images de soi plurielles. Ces dernières rejoignent le développement des réseaux de communication multipliant les déplacements géographiques et symboliques et démocratisant des savoirs de plus en plus complexes. Dans cette dynamique analysée à partir de René Girard, de Homi Babhabha et de Néstor García Canclini, on analyse donc les stratégies pour devenir un producteur de significations plus efficace. Cette visée mène d'une part à la reconnaissance de l'autre et, d'autre part, à tenter de déterminer ce qui, en lui, n'est pas acceptable. **Quiero Un Pequeño Libro Sobre El Amor "A medio camino entre un poema de amor y un credo de las relaciones interpersonales, Quiero** destila en su expresión más concisa y concentrada las ideas de Jorge Bucay sobre el amor y la vida compartida. Una invitación a reflexionar sobre nuestro mundo afectivo, y el regalo perfecto para esa persona con quien buscamos mantener una relación sana, estimulante y duradera." -- **The Choice Embrace the Possible Simon and Schuster** A New York Times Bestseller "I'll be forever changed by Dr. Eger's story...The Choice is a reminder of what courage looks like in the worst of times and that we all have the ability to pay attention to what we've lost, or to pay attention to what we still have."—Oprah "Dr. Eger's life reveals our capacity to transcend even the greatest of horrors and to use that suffering for the benefit of others. She has found true freedom and forgiveness and shows us how we can as well." —Desmond Tutu, Nobel Peace Prize Laureate "Dr. Edith Eva Eger is my kind of hero. She survived unspeakable horrors and brutality; but rather than let her painful past destroy her, she chose to transform it into a powerful gift—one she uses to help others heal." —Jeannette Walls, New York Times bestselling author of *The Glass Castle* Winner of the National Jewish Book Award and Christopher Award At the age of sixteen, Edith Eger was sent to Auschwitz. Hours after her parents were killed, Nazi officer Dr. Josef Mengele, forced Edie to dance for his amusement and her survival. Edie was pulled from a pile of corpses when the American troops liberated the camps in 1945. Edie spent decades struggling with flashbacks and survivor's guilt, determined to stay silent and hide from the past. Thirty-five years after the war ended, she returned to Auschwitz and was finally able to fully heal and forgive the one person she'd been unable to forgive—herself. Edie weaves her remarkable personal journey with the moving stories of those she has helped heal. She explores how we can be imprisoned in our own minds and shows us how to find the key to freedom. **The Choice** is a life-changing book that will provide hope and comfort to generations of readers. **La felicidad de los días tristes : Descubrir** nuestros verdaderos sentimientos es la clave para ser más feliz **El camino del encuentro Fundamentos Para El Matrimonio Palibrio** La familia en México, por ubicarnos en un contexto, constituye la base de la organización social, el espacio para encontrar sentido de la vida, el ámbito primordial de desarrollo de cualquier ser humano, la fuente principal de amor y formación de valores. La familia a su vez, tiene como base el matrimonio. Pero ¿quién está pasando actualmente en la familia mexicana? ¿quién está pasando en los matrimonios? En este texto, encontrar los siguientes temas para mejorar su matrimonio: **El derrumbe social** ¿Qué se entiende por matrimonio? **El matrimonio desde el punto de vista civil** **El matrimonio desde el punto de vista moral** **El matrimonio desde el punto de vista psicológico** **El matrimonio desde el punto de vista bblico** **Consejos psicológicos y terapéuticos para el matrimonio** **La**

comunicación en el matrimonio Sexualidad en el matrimonio El amor entre cónyuges El respeto entre cónyuges Estrategia para la reestructurar el matrimonio. el perdón „Komm, ich erzähl dir eine Geschichte“ Storytelling als bibliotherapeutische Methode am Beispiel von Jorge Bucay diplom.de Während die Bibliotherapie den Anspruch auf heilende literarische Texte stellt, ist es ein Anliegen der Erzählkunst, durch einen gelungenen Spannungsaufbau Inhalte wissensfördernd zu vermitteln. Die vorliegende Studie verfolgt das Ziel, Storytelling - ein Begriff, unter dem die Kunst des Erzählens neuen gesellschaftlichen Aufschwung erfährt - als bibliotherapeutische Maßnahme einzusetzen, um den Therapiewert einer Geschichte erkennen und gegebenenfalls steigern zu können. Zur Erstellung einer dazu geeigneten Methode werden Kenntnisse aus psychologischen sowie erzähltheoretischen Bereichen der Literaturwissenschaft gesammelt, die zu einem umfassenden Analyse-Leitfaden zusammengetragen werden. Dabei werden insbesondere Grundwissen zu literarischen Techniken und Wertungen sowie bisherige Forschungsergebnisse der emotionalen Textwirkung und Anwendung in literaturbegleitender Therapie vermittelt. Der analytische Leitfaden beachtet sowohl leser- als auch textorientierte Punkte; dadurch werden textinterne wie auch -externe Aspekte kombiniert, die in der bisherigen Forschung zumeist getrennt untersucht wurden. Abschließend werden exemplarisch drei Geschichten aus Jorge Bucays Roman „Komm, ich erzähl dir eine Geschichte“ anhand ihres Therapiewertes und dessen Steigerung analysiert, die in einem fiktiven bibliotherapeutischen Setting erzählt werden. Die Ergebnisse dieser Studie sollen einen Beitrag zur Literaturanwendung im gesundheitsfördernden Bereich leisten. Love Poems New Directions Publishing Sensual, earthy love poems that formed the basis for the popular movie *Il Postino*; now in a beautiful gift book perfect for weddings, Valentine's Day, anniversaries, or just to say "I love you!" Charged with sensuality and passion, Pablo Neruda's love poems caused a scandal when published anonymously in 1952. In later editions, these verses became the most celebrated of the Noble Prize winner's oeuvre, captivating readers with earthbound images that reveal in gentle lingering lines an erotic re-imagining of the world through the prism of a lover's body: "today our bodies became vast, they grew to the edge of the world / and rolled melting / into a single drop / of wax or meteor...." Written on the paradisaical island of Capri, where Neruda "took refuge" in the arms of his lover Matilde Urrutia, *Love Poems* embraces the seascapes around them, saturating the images of endless shores and waves with a new, yearning eroticism. This wonderful book collects Neruda's most passionate verses. *Vivir una vida sana con dolor crónico* Bull Publishing This is a culturally sensitive Spanish translation of *Living a Healthy Life with Chronic Pain*. Chronic pain includes many types of conditions from a variety of causes. This book is designed to help those suffering from chronic pain learn to better manage pain so they can get on with living a satisfying, fulfilling life. This resource stresses four concepts: each person with chronic pain is unique, and there is no one treatment or approach that is right for everybody; there are many things people with chronic pain can do to feel better and become more active and involved in life; with knowledge and experimentation, each individual is the best judge of which self-management tools and techniques are best for him or her; and, the responsibility for managing chronic pain on a daily basis rests with the individual and no one else. Acknowledging that overcoming chronic pain is a daily challenge, this workbook provides readers with the tools to overcome that test. A *Moving Easy Program CD*, which offers a set of easy-to-follow exercises that can be performed at home, is also included. *Comienza Siempre de Nuevo* A veces, mientras intentamos recuperarnos de una pérdida, una enfermedad, un fracaso o una crisis grave, nos preguntamos si seremos capaces de sanar, si tendremos la energía suficiente para seguir avanzando ... Jorge Bucay nos invita a redescubrir nuestra verdadera fortaleza y a encarar los retos y dificultades que aparecen en el camino, con el fin de hacer las cosas de otra manera a partir de lo que ya sabemos. Es como regresar a un lugar en el que estuvimos antes, pero con la conciencia de que ahora somos distintos. *Comienza siempre de nuevo* es un llamado a no dejarse vencer por los golpes de la vida y a conquistar la armonía y la paz interior a través de la conciencia. El secreto de los números Universidad de Alicante Esta obra por capítulos pretende difundir y divulgar la importancia de las matemáticas en el desarrollo de la actividad humana desde diferentes contextos y puntos de vista, señalando al mismo tiempo sus relaciones con otras disciplinas o campos de conocimiento. En particular, este libro muestra algunas conexiones de las matemáticas con la arqueología, la tecnología, la física, la geología, la criminología, la egiptología, la economía, el deporte, la música, los sistemas electorales o internet. Además, se recogen algunos capítulos que recorren detalles de la vida y obra de ciertos matemáticos que influyeron notablemente en el desarrollo de esta disciplina. *Business Adventures Twelve Classic Tales from the World of Wall Street* Open Road Media "Business Adventures remains the best business book I've ever read." —Bill Gates, *The Wall Street Journal* What do the \$350 million Ford Motor Company disaster known as the Edsel, the fast and incredible rise of Xerox, and the unbelievable scandals at General Electric and Texas Gulf Sulphur have in common? Each is an example of how an iconic company was defined by a particular moment of fame or notoriety; these notable and fascinating accounts are as relevant today to understanding the intricacies of corporate life as they were when the events happened. Stories about Wall Street are infused with drama and adventure and reveal the machinations and volatile nature of the world of finance. Longtime New Yorker contributor John Brooks's insightful reportage is so full of personality and critical detail that whether he is looking at the astounding market crash of 1962, the collapse of a well-known brokerage firm, or the bold attempt by American bankers to save the British pound, one gets the sense that history repeats itself. Five additional stories on equally fascinating subjects round out this wonderful collection that will both entertain and inform readers . . . *Business Adventures* is truly financial journalism at its liveliest and best. Dios me ve perfecto, aunque todo lo hago mal *Spanish House INC Handbook for Mortals* Book One of the Series *Geeknation Press* "Zade Holder has always been a free-spirited young woman, from a long dynasty of tarot-card readers, fortunetellers, and practitioners of magick. Growing up in a small town and never quite fitting in, Zade is determined to forge her own path. She leaves her home in Tennessee to break free from her overprotective mother Dela, the local resident spellcaster and fortuneteller. Zade travels to Las Vegas and uses supernatural powers to become part of a premiere magic show led by the infamous magician Charles Spellman. Zade fits right in with his troupe of artists and misfits. After all, when everyone is slightly eccentric, appearing 'normal' is much less important. Behind the scenes of this multimillion-dollar production, Zade finds herself caught in a love triangle with Mac, the show's good-looking but rough-around-the-edges technical director and Jackson, the tall, dark, handsome and charming bandleader. Zade's secrets and the struggle to choose between Mac or Jackson creates reckless tension during the grand finale of the show. Using Chaos magick, which is known for being unpredictable, she tests her abilities as a spellcaster farther than she's ever tried and finds herself at death's door. Her fate is left in the hands of a mortal who does not believe in a world of real magick, a fortuneteller who knew one day Zade would put herself in danger and a dagger with mystical powers"--Amazon.com *Selbstbestimmt leben Wege zum Ich (Gebundene Ausgabe)* Confronting the Constitution The Challenge to Locke, Montesquieu, Jefferson, and the Federalists from Utilitarianism, Historicism, Marxism, Freudianism, Pragmatism, Existentialism-- Aei Press *Studies the Constitution in light of philosophical ideas* El camino de las lágrimas *DEBOLSILLO* El camino de la felicidad *GRIJALBO* *Introductory Soil Science* *Anxious Attachment No More!!* The Exclusive Roadmap to Strive Towards Secure Attachment in Relationships The book is dedicated to people with anxious attachment, and they keen to turn their anxiety into security in relationships. The Little Prince *Samaira Book Publishers* What If This Is Heaven? How Our Cultural Myths Prevent Us from Experiencing Heaven on Earth *Hay House, Inc* If life is about the journey and not the destination, could it be that this is heaven—this physical life we are living here on Earth? What we experience in our daily lives often feels like anything but heaven. But what if we understood how powerful we are—that we are powerful enough to mold both our internal and our external reality? *Anita Moorjani, the New York Times bestselling author of Dying to Be Me*, is convinced we can do exactly that. The process, she explains, requires dismantling many cultural myths mistaken for indisputable truths. Beliefs such as "We get what we deserve," "Loving ourselves is selfish," and "Coincidences are just that—coincidences," are ingrained within us from birth, pervasive and influential, leading to generations of misguidance. Following her near-death experience, Moorjani began to embody truths she learned in the other realm, discovering that letting go of these outmoded myths allowed her to experience heaven not as a physical place but as a state of mind, right here and right now. In this examination of our common myths, she shares stories and examples from her own life, revealing the lies beneath the surface of what she was taught and absorbed. By freeing ourselves from these falsehoods, Moorjani asserts, we can leave fear, heartache, and self-imposed boundaries behind and instead live lives full of purpose and joy. *Führen mit bleibendem Eindruck Impact-Techniken für Führungskräfte* *Haufe-Lexware Aktuelle Studien* zeigen, dass sich multisensorische Eindrücke nachhaltiger im Gedächtnis verankern. Je mehr Sinne miteinbezogen werden, desto höher die Erinnerungsquote. *Führungskräfte*, die mit *Impact-Techniken* unternehmerische Ziele vermitteln, Mitarbeiter motivieren und Teams führen, sind effektiver und erfolgreicher. Das Buch zeigt, wie *Führungskräfte* mit kreativen Bildern, Symbolen und Metaphern einprägsame Erlebnisse generieren und durch markante Inszenierungen Veränderungsimpulse setzen. *Inhalte: Was sind Impacts? Wie sind Impacts aufgebaut? Wie können Sie selbst Impacts entwickeln? Impacts für diverse Führungssituationen* *Bai Ganyo Incredible Tales of a Modern Bulgarian* *Univ of Wisconsin Press* A comic classic of world literature, *Aleko Konstantinov's 1895 novel Bai Ganyo* follows the misadventures of rose-oil salesman *Ganyo Balkanski* ("Bai" is a Bulgarian title of intimate respect) as he travels in Europe. Unkempt but endearing, *Bai Ganyo* blusters his way through refined society in Vienna, Dresden, and St. Petersburg with an eye peeled for pickpockets and a free lunch. *Konstantinov's satire* turns darker when *Bai Ganyo* returns home—bullying, bribing, and rigging elections in Bulgaria, a new country that had recently emerged piecemeal from the Ottoman Empire with the help of Czarist Russia. *Bai Ganyo* has been translated into most European languages, but now *Victor Friedman* and his fellow translators have finally brought this Balkan masterpiece to English-speaking readers, accompanied by a helpful introduction, glossary, and notes. *Winner, Bulgarian Studies Association Book Prize Finalist, Foreword Magazine's Multicultural Fiction Book of the Year Winner, John D. Bell Book Prize, Bulgarian Studies Association Best Books for Special Interests, selected by the American Association for School Libraries Best Books for High Schools, selected by the American Association for School Libraries Best Books for Special Interests, selected by the Public Library Association* *The Healing Power of Mind* *Shambhala Publications* The true nature of our minds is enlightened and peaceful, as the depth of the ocean is calm and clear. But when we mentally grasp and emotionally cling to our wants and worries with all our energy, we lose our own enlightened freedom and healing power, only to gain stress and exhaustion, suffering and overexcitement, like the turbulent waves rolling on the surface of the ocean. Our minds possess the power to heal pain and stress, and to blossom into peace and joy, by loosening the clinging attitudes that Buddhists call "grasping at self." If we apply the mind's healing power, we can heal not only our mental and emotional afflictions, but physical problems also. This book is an invitation to awaken the healing power of mind through inspiring images and sounds, mindful movements, positive perceptions, soothing feelings, trusting confidence, and the realization of openness. The healing principle on which these exercises are based is the universal nature and omnipresent power envisioned in Mahayana Buddhism. Yet for healing, we don't have to be believers in any particular faith. We can heal body and mind simply by being what we truly are, and by allowing our own natural healing qualities to manifest: a peaceful and open mind, a loving and positive attitude, and warm, joyful energy in a state of balance and harmony. *Incursiones Ontológicas V* *Newfield Consulting* Las obras presentadas en esta versión de la serie - *Incursiones Ontológicas*- fueron escritas por participantes del Programa Avanzado de Coaching Ontológico de la ECORE que culminaron en 2016 y 1017. El pensamiento ontológico nos muestra un ejercicio reflexivo con elementos que otras formas de pensamiento no necesariamente poseen. En dicha forma de pensamiento usamos distinciones y criterios que conforman un pensar distinto. No llegamos a reflexiones o conclusiones de manera rápida, es un caminar lento en donde vamos abriendo puertas después de haber cruzado anteriormente otras puertas. Se trata de una forma de pensar que, por lo general, inicia a partir de nuestras propias vivencias y experiencias personales y generalmente de nuestros propios dolores y desgarramientos. Estos son, en general, puertas de entrada a las profundidades de nuestra alma. Ellos pueden abrir posibilidades para conocernos mejor y para orientar futuras transformaciones, no solo nuestras sino de los sistemas a los que pertenecemos, y por que no quizá también de los lectores de esta obra. Se trata, por lo tanto, de un camino para vislumbrar posibles formas de redefinirnos nosotros mismos y lograr transformarnos en un nuevo y mejor ser humano. Las obras incluidas en esta edición expresan un acto de gran generosidad al compartir abiertamente con otros el resultado Frente al dolor *Editorial Safeliz* Bajo innumerables formas -agudo, violento, sordo, lacerante, tenaz- el dolor deteriora el cuerpo y abruma el espíritu. Abunda en la vida del pobre y arruina la del rico. Hace llorar al niño, mutila el cuerpo del joven, marca el rostro del adulto y encorva las espaldas del viejo. De la cuna a la tumba, el sufrimiento es nuestro implacable verdugo. Trabajo y placer, dependencia y libertad, virtud y vicio, amor y odio, todo puede hacernos sufrir. El dolor forma parte de nuestra condición humana. Podríamos decir que dejamos de ser niños cuando descubrimos que el beso de nuestra madre no cura del todo nuestras penas... Este libro se propone servir como ayuda para hacer Frente al dolor con dignidad y realismo, evocando algunos de los aspectos más prácticos de sus facetas psicológica, social, asistencial, filosófica y espiritual. Para ello, tras una toma de conciencia sobre la complejidad del asunto, expone una serie de reflexiones encaminadas a

entender el porqué último del dolor y a hacerle frente con sentido. Además, pensando en el lector no profesional, ofrece recursos sencillos para encarar el sufrimiento propio con serenidad y el ajeno con solidaridad y tacto. Su objetivo es ayudar a combatir y a sobrellevar la realidad del dolor hasta donde sea posible. Cartas Para Claudia: Palabras de Un Psicoterapeuta Gestáltico a Una Amiga Oceano Facing self-denial, justifications, and both real and imagined obstacles, the thought process of Bucay becomes an invitation to look at reality as it is so we can make our own decisions. These letters address love, responsibility, happiness, losses, death, and the grieving process to a fictional character. This format allows the reader to know a direct and intimate Bucay, a close and comprehensive Bucay, through the imaginary Claudia utilizing simple but profound words of deep meaning. These words speak to us regarding fundamental aspects of human beings. They are reflections that pass through the sieve of personal experiences that link with the common experiences, perplexities, and questions of the average individual. Las tres preguntas/ The Three Questions RBA Practica En la búsqueda de la felicidad todos los caminos son válidos y diferentes pero se superponen en un punto, el de la necesidad humana de encontrar respuesta a las preguntas más importantes, aquellas que todos nos hacemos en algún momento y que son el hilo conductor de este libro. Preguntas que habrá que responder una por una si se pretende enfrentar el desafío que Carl Rogers llamaba «el proceso de convertirse en persona», porque solamente en la búsqueda honesta de sus respuestas se aprende todo lo que es imprescindible saber para seguir adelante: El primer desafío es el de descubrir quién soy. El encuentro definitivo con uno mismo. El trabajo de aprender a no depender. El segundo es el desafío de decidir a dónde voy. La búsqueda de plenitud y de sentido. Encontrar el propósito fundamental de nuestra vida. Y, el tercero, el desafío de elegir con quién. El encuentro con el otro y el coraje de dejar atrás lo que no está. El proceso de abrirse al amor y de hallar nuestros verdaderos compañeros de ruta.