



Despertaos:¿Quieres saber quién eres? (Spanish Edition)

Amado Ramírez Villafañez

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En este libro, el autor Amado Ramírez Villafañez nos invita a recorrer los fundamentos desde las primeras etapas del desarrollo del ser humano (historia biográfica) de cada uno de nosotros, como "ser coherente e integrado en el fluir de la vida", un "ser en su autenticidad", capaz de conciencia reflexiva y devivir con libertad y dignidad. Nacemos náufragos de las circunstancias que nos modelan, y el sentido de la vida individual es tratar de llegar a ser "uno mismo", construir nuestro auténtico "ser interior", como protagonistas lúcidos de una existencia única, con posibilidad de integrar contrarios tales como éxitos y fracasos, ser uno mismo y estar bien con los demás, la masculinidad y la femineidad de cada uno de nosotros, etc. Porque o somos constructores de una existencia humana auténtica, a lo largo de un costoso proceso de desarrollo, o nos perdemos confundidos con "la máscara" (apariencia y roles sociales) y con el "ser animal" (dimensión biológica) que nos son dadas desde fuera y desde dentro respectivamente, como medios para desvelar de forma activa nuestro "ser interior" único (dimensión psicológica). Vivir es muy diferente de consumir, las personas no tenemos precio, tenemos dignidad. La vida es una serie limitada de posibilidades que somos capaces de darnos a nosotros mismos y a los demás, a veces sí y a veces no, para desarrollar nuestras capacidades potenciales que todos tenemos incluso sin saberlo, en el intento de ser personas y hacer un mundo mejor que el que nos encontramos. INDICE RESUMIDO: La construcción del yo. La vida como relación y crecimiento. El camino. Decidiendo. Comienza el teatro: rol masculino y femenino. Persona y libertad. Los otros: inversión en afectos. ¿Me identificó con la vida?

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