



Crecer en felicidad (NO FICCIÓN 2 GENERAL) (Spanish Edition)

Carlos Goñi

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Una lección de vida para hacer germinar la semilla de la felicidad

La felicidad es un don que alberga cada uno de nosotros, pero debemos aprender a cultivarlo y hacerlo germinar a lo largo de toda nuestra vida. En este libro didáctico, ameno, emotivo y profundamente humano, un padre dialoga con su joven hija a propósito de este don, que en buena medida depende del conocimiento de uno mismo y que, a través de las diversas etapas de la vida —la juventud, la madurez y la vejez—, adopta distintas formas. A lo largo de este diálogo, el autor recurre tanto a poemas, cuentos infantiles, películas, lecturas, fábulas o mitos, como a teorías filosóficas o experiencias personales para ilustrar a su interlocutora y al lector sobre las distintas formas de cultivar la felicidad. Y así, gracias al testimonio humano de este padre, descubrimos que es necesario irse adaptando a cada estadio existencial para conseguir que esa semilla preciosa germine y florezca todos los años. Una lección de vida que alcanza por igual la cabeza y el corazón del lector.

Carlos Goñi ,(Pamplona, 1963)

Filósofo y escritor. Compagina la docencia con una intensa creación literaria. Su obra abarca intereses tan diversos como la filosofía, la mitología, la historia, el fútbol o la educación. Entre sus libros cabe destacar: *Las narices de los filósofos*, *Cuéntame un mito*, *Una de romanos*, *Fútbol: valores en juego*, *Aprender de los hijos* (junto a su mujer Pilar Guembe) o *Déjate ser feliz* (RBA).

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