



El Equilibrio de la Felicidad: Un Camino Posible (Spanish Edition)

Juan José Irigoyen Riquelme

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Durante los últimos años, nuestra sociedad moderna se ha visto atacada por la falta de sentido en las personas. Basta con ver un par de minutos de publicidad para darse cuenta que los medios de comunicación nos muestran un camino a la felicidad soportado en el “tener” y en la búsqueda externa de la felicidad. Mientras algunas religiones y credos ponen la búsqueda de la felicidad en la otra vida (la eterna), otras la ponen en el yo interior “el ser”. ¿Quién tiene la razón? ¿Quién puede darnos una respuesta certera? Como decía uno de mis mentores, “el que tiene los resultados, ése tiene la razón”. Ha habido en este mundo gente feliz e infeliz sin discriminación de religión, raza, sexo y de todas las tendencias políticas. Este libro se trata de eso, es “un camino posible” para encontrar la felicidad, basada en la información que nos han dejado aquellas personas que han sido felices y aquellas que no lo han logrado. Inspirada en la vida de varias personas y los estudios de varios autores, recopilando su filosofía de vida, de cómo lograron superar los grandes golpes de la vida, cómo motivaron a otros a salir adelante en circunstancias extremas, o cómo crearon obras percederas, de los pasos que tuvieron que dar, de las disciplinas que tuvieron que aprender, de la aceptación de sí mismos con sus propios defectos y talentos, de cómo manejaron este mundo que nos ha tocado vivir para ser feliz hoy.

Happiness is a word that has a different meaning for every individual. Aristotle concluded that health, beauty, power, money or wisdom are sought by all because they all want happiness. The study of happiness has been the subject of many authors, so why start from scratch if we want to achieve happiness? A possible way to achieve happiness is to study happiness, starting from the frontier of current knowledge. The equilibrium of happiness poses that the only minute that we have to be happy is now, but to be happy in the now, we must balance our past and our future. Once we achieve this balance, we elevate our state of happiness.

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