



# La resiliencia (Actual) (Spanish Edition)

*Anna Forés, Jordi Grané*

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El término resiliencia se refiere a la capacidad de las personas, los grupos y las comunidades para enfrentarse, sobreponerse y salir transformados ante las adversidades. Cuando nos encontramos con situaciones que parecen no tener salida, la resiliencia nos invita a desbloquear la mirada paralizada, dar vuelta atrás del callejón sin salida y encontrar nuevos caminos, nuevas posibilidades. Consiste en reanimar lo que creemos acabado, sortear aquello que parecía que no se podía rehuir. Redescubrir aquello extraordinario que todas las personas poseemos. El proceso resiliente es parecido a la creación de la perla dentro de una ostra. Cuando un granito de arena entra en su interior y la agrede, la ostra segrega nácar para defenderse y, como resultado, crea una joya brillante y preciosa. Ésta es la perla que encontrarán en este libro. Un texto ameno y profundo a la vez que nos acerca a la resiliencia como metáfora generativa que construye futuros posibles sobre la esperanza humana y la consecución de la felicidad ante los sufrimientos, los traumas y el dolor padecido.

Los autores nos ofrecen un texto claro, sistemático y lleno de historias que llegan a todas las personas, acercando el término resiliencia a todos los públicos.

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