



La lentitud como método (AMBITO PERSONAL) (Spanish Edition)

Carl Honore

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El mundo en el que vivimos se rige por las decisiones rápidas y precipitadas y el espacio para la reflexión y la pausa cada vez es más reducido. La tendencia generalizada a solucionar los problemas solo a corto plazo conduce, demasiado a menudo, a generar complicaciones mayores en el futuro. Además, los psicólogos creen que la ciudadanía espera soluciones rápidas y eso anima a los líderes a tomar decisiones desde la precipitación y desde sus peores intuiciones.

En este libro, Carl Honoré nos propone los ingredientes necesarios para evitar que, ante un problema, nos precipitemos siempre hacia la vía rápida, fácil e irreflexiva y conseguir que seamos capaces de resolverlo de forma más lenta pero mucho más eficaz



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