



En defensa del altruismo (Spanish Edition)

Matthieu Ricard

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Matthieu Ricard demostro que la verdadera felicidad no esta ligada a momentos fugaces o sensaciones, pero es un estado permanente del alma arraigada en la atencion y la compasion por los demas. Ahora vuelve su mirada de lo personal a lo global, con un argumento conmovedor: el altruismo que es la genuina preocupacion por el bienestar de los demas- podria ser la salvacion del siglo 21. Es, en su opinion, el hilo vital que puede responder a los principales desafios de nuestro tiempo: la economia en el corto plazo, satisfaccion con la vida en el medio plazo, y medio ambiente en el largo plazo. El mensaje de Ricard ha sido adoptado por los principales economistas y pensadores, entre ellos Dennis Snower, Amartya Sen, Joseph Stiglitz, y George Soros. / In Happiness, Matthieu Ricard demonstrated that true happiness is not tied to fleeting moments, but to an enduring state of soul rooted in mindfulness and compassion for others. Now he turns his lens from the personal to the global, with a rousing argument that altruism--genuine concern for the well-being of others--could be the saving grace of the 21st century.

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