



Madurez psicológica y espiritual (Pelícano) (Spanish Edition)

Wenceslao Vial

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¿Se puede salir de la depresión? ¿Cómo vencer la ansiedad? ¿Existen medios para superar la adicción a las drogas o a internet? ¿Qué puede hacer la familia de una persona con trastornos mentales? ¿Cuándo se necesita un médico, un psicólogo o un sacerdote? El libro ofrece respuestas a estas y otras cuestiones de innegable actualidad.

El autor pone de relieve el valor de la vida espiritual para la serenidad y el equilibrio, con sugerencias prácticas para entender, tratar y prevenir problemas psicológicos, sabiendo distinguirlos de las dificultades espirituales. Se aclara el significado de los síntomas y se guía al lector hacia las opciones que parecen más apropiadas. La personalidad madura se presenta como un reto atractivo, y el inconsciente no se considera un espacio impenetrable.

Este volumen constituye una novedad que podrá ser útil a educadores, sacerdotes y profesionales de la salud, así como a estudiantes de psicología, medicina, teología y otras disciplinas. Será también un valioso recurso para los padres y para todos aquellos que deseen profundizar en estos argumentos. Junto con ser un manual científico, se convierte en una guía para entender la salud mental y espiritual y en una pauta para la búsqueda del equilibrio personal.

Wenceslao Vial es profesor de psicología y vida espiritual en la Facultad de Teología de la Pontificia Universidad de la Santa Cruz, Roma. Médico y sacerdote, doctor en filosofía, combina sus conocimientos clínicos y su labor académica con una amplia actividad pastoral en relación con diferentes países y culturas. Ha publicado también *La antropología de Viktor Frankl: el dolor de una puerta abierta* (2000).

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