



LAS BRUJAS NO SE QUEJAN: Un manual de sabiduría concentrada (Spanish Edition)

Jean Shinoda Bolen

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La innovadora obra de Jean Shinoda Bolen que precede a este libro (en especial Las diosas de cada mujer) contribuyó a que una generación entera de mujeres tomara conciencia de su potencial y valía. En este nuevo texto, Las brujas no se quejan, el jocoso sentido del humor y la agudísima introspección de la doctora Bolen se alían para ofrecer a las mujeres trece cualidades que cultivar. Si nos comprometemos a llevar a cabo estos pequeños ejercicios, seremos más felices y, asimismo, aportaremos nuestro granito de arena para lograr que este mundo sea un lugar mejor. «Estas cualidades no se cultivan de la noche a la mañana», escribe Bolen. La etapa de la vejez es una época de «maduración» en la que las mujeres pueden consagrar su tiempo, energía y creatividad a lo que en realidad les importa. Jean Bolen nos obsequia con su proyecto: las brujas no se quejan. Al contrario, las ancianas son atrevidas y confían en sus propios instintos. No imploran; en cambio, sí meditan. Eligen su camino con el corazón. Poseen la fiera del que defiende lo que más le importa. Dicen la verdad con compasión. Escuchan su cuerpo, se reinventan a sí mismas en función de sus necesidades y saborean la parte positiva de sus vidas. No deje usted de recurrir a estos trece capítulos breves, en los buenos y en los malos momentos, sola o con otras personas... porque «las brujas juntas pueden cambiar el mundo».

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