



El pequeño dictador crece (Psicología y salud) (Spanish Edition)

Javier Urra

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El pequeño dictador ha crecido. Ese hijo tirano al que Javier Urra ya dedicó un libro de gran éxito, que además rompió un tabú y abrió los ojos a una realidad complicada, tiene ahora algunos años más, un poder mayor y un contexto vital muy diferente, entre otras cosas por el auge de las nuevas tecnologías. Las situaciones que entonces se daban como un hecho aislado son hoy alarmantes por su frecuencia. ¿Qué está pasando en nuestra sociedad?

En estas páginas se habla de padres que gritan en silencio e hijos que también sufren; del manejo inadecuado de las emociones que conduce a relaciones destructivas; de lo que se piensa que está bien y está mal, tambaleando cualquier tipo de autoridad; de conductas violentas, falta de tiempo para convivir, mentiras y riesgos...

Sin embargo, defiende el autor, hay esperanza. Si sabemos desterrar el mito de la armonía de la familia, entendemos que la solución ha de provenir de su seno y que el proceso es largo y lleno de incertidumbres, esta obra nos ayudará porque elude los consabidos consejos del «hay que» para explicar el «cómo» lograr el entendimiento mutuo entre padres e hijos.

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