



El Arte de la Felicidad (Spanish Edition)

Howard Cutler M.D

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ESTE LIBRO RECOGE LAS EXTENSAS conversaciones mantenidas con el Dalai Lama. Las entrevistas privadas que tuve con él en Arizona y la India obedecían al propósito de colaborar en el proyecto de presentar sus puntos de vista acerca de cómo llevar una vida más feliz, complementados con mis observaciones y comentarios desde la perspectiva de un psiquiatra occidental. Generosamente, el Dalai Lama me permitió dar al libro el carácter que me pareciera más adecuado para transmitir sus ideas. Consideré que el modo narrativo que el lector encontrará en estas páginas favorecería la lectura y la comprensión, al mismo tiempo que permitiría mostrar cómo el Dalai Lama incorpora sus ideas a su propia vida cotidiana. Así pues, y contando con la aprobación del Dalai Lama, he organizado este libro según el contenido, lo cual en ocasiones me ha llevado a combinar e integrar materiales extraídos de conversaciones diferentes. Allí donde me ha parecido necesario para la claridad o la integración del conjunto, he introducido material procedente de las conferencias y charlas que pronunció en Arizona, para lo que he contado igualmente con su aprobación. El doctor Thupten Jinpa, intérprete del Dalai Lama, revisó amablemente el manuscrito final para asegurarse de que no se hubieran producido distorsiones inadvertidas de las ideas del Dalai Lama como consecuencia del proceso editorial. He presentado historias personales para ilustrar las ideas que aquí se analizan. Con el propósito de mantener la confidencialidad y proteger la intimidad he cambiado en cada caso los nombres y alterado detalles y características identificadoras de las personas reales.

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