



El arte de mentirse a sí mismo (Spanish Edition)

By Giorgio Nardone

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En este libro, Giorgio Nardone propone una actitud realista y pragmática, según la cual una mentira no debe evaluarse de forma absoluta, sino siempre a la luz de las circunstancias, las intenciones, los objetivos y los resultados. Cada uno de nosotros debería aprender el «arte de la mentira» y explorar estrategias para emplearla de una manera sana y responsable: en primer lugar, para no ser víctimas inconscientes de ella y, en segundo lugar, para mejorar nuestra vida y la de los demás. Entonces sí podremos admitir serenamente, y en el sentido más auténtico de la expresión, que hemos dicho una mentira bien intencionada.

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