



Hector y el secreto de la felicidad (Spanish Edition)

François Lelord

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Una asombrosa historia de descubrimiento personal. Un increíble viaje en busca de la felicidad.

Érase una vez un joven psiquiatra francés llamado Hector que se sentía vacío, pues sabía muy bien que, a pesar de su buena voluntad, no era capaz de conseguir que la gente fuera feliz. Ser un buen profesional y tener un buen ojo para indicar el tratamiento adecuado no le llenaba. Necesitaba algo más.

Pensó que, si hallaba el origen de la infelicidad, podría desvelar el secreto de las personas felices. También se planteó una larga serie de preguntas sobre la felicidad: ¿Por qué soñamos con alcanzarla? ¿Qué es más importante, el éxito o la relación con los demás? ¿Depende de las circunstancias personales o de una particular forma de ver las cosas?

A raíz de estas cuestiones, Hector inició un viaje que lo llevó de China al continente africano, pasando por Estados Unidos... Estaba dispuesto a llegar hasta el fin del mundo para obtener una respuesta.

Reseñas:

«Una novela deliciosamente naïf, un pasatiempo iconoclasta que te reconcilia con el mundo. En vez de dar lecciones anticuadas de moral, Lelord nos ofrece una definición de felicidad diferente.»

L'Express

«Una caja repleta de delicias filosóficas, cuyo efecto es sorprendentemente gozoso.»

The Independent

«Un libro que seducirá hasta al lector más erudito y contenido.»

Cosmopolitan

«Una historia magistral cuyo protagonista, tras la búsqueda en profundidad de valores, emerge como un fenomenal aventurero.»

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