



Superando las Adversidades: Mas Alla de la Frustracion, el Resentimiento, la Depresion, el Agotamiento y el Aburrimiento (Spanish Edition)

Rolando Jose Olivo

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El ser humano es excepcional. Cuenta con cualidades extraordinarias, superiores a las de las demás especies, y sus deseos, basados en sus necesidades primarias (fisiológicas y seguridad) y fundamentales (afiliación, reconocimiento y autorrealización), son prácticamente ilimitados. Los pilares de las esperanzas del ser humano son: las respuestas a los misterios existenciales, el cumplimiento de un propósito en la vida y alcanzar la felicidad. Sin embargo, el ser humano es propenso a sufrir por sus cualidades adversas y respuestas emocionales frente a diversas circunstancias. Durante esta época de avance tecnológico, mayor producción y consumo, esta situación se ha agravado considerablemente, generándose la gran trampa de la posmodernidad: sustitución de la búsqueda y cumplimiento de un propósito en la vida por la satisfacción exagerada de necesidades primarias, lo cual es contrario a los ideales de espiritualidad y trascendencia. Aunque el ser humano es excepcional. Una persona motivada y resiliente es capaz de superar las adversidades y lograr metas sensacionales. En ese sentido, superar las adversidades incluye: ir más allá de la frustración, ir más allá del resentimiento, ir más allá de la depresión, ir más allá del agotamiento (burn-out) y del aburrimiento (bore-out), reconocer la influencia positiva de las religiones y llevar una vida ejemplar y virtuosa. Superar las adversidades es una cuestión de espiritualidad y trascendencia, inmersa en el descubrimiento del significado de la vida y el cumplimiento fiel de ese propósito.

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