



Ganar perdiendo: 158 (Serendipity) (Spanish Edition)

Migdyrai Martín Reyes

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Es este un libro práctico en el que la autora propone aumentar nuestro conocimiento sobre las experiencias de pérdida y las formas en que los seres humanos hacemos frente a las mismas o reaccionamos ante ellas, partiendo de la idea de que las experiencias de duelo son las más universales y frecuentes en la existencia humana, pero paradójicamente de las más desatendidas y desinformadas. Afirma su autora que tarde o temprano todos tendremos que enfrentarnos a las pérdidas, pero nos pregunta: ¿estamos preparados para crecer a través de ellas? Este libro ofrece información útil para entender algunas de las complejidades de los procesos de duelo más frecuentes que afronta el ser humano. Se divide en tres capítulos: el primero destinado al duelo por la muerte de un ser querido, el segundo dedicado al duelo por divorcio o ruptura de la pareja y el tercero al duelo migratorio. A modo de manual se ofrece un resumen conciso con información útil sobre estos tres procesos de duelo; con un lenguaje sencillo destinado a todos los lectores. Es un libro que apuesta por la salud mental: elemento indispensable para una vida con ilusión, proyectos y deseos de ser vivida. La autora es médica y especialista en psiquiatría con más de 20 años de experiencia clínica. La Doctora Migdyrai Martín Reyes es graduada en Ciencias Médicas por el Instituto Superior de Ciencias Médicas de la Habana en 1985, especializándose en Psiquiatría Infantil y General. Ha trabajado en asistencia, investigación y docencia, teniendo estancias de formación y trabajo en países de África, América Latina y Europa. Trabajo en el Centro de Neurociencias de Cuba y como profesora Titular de Psiquiatría de la Universidad de la Habana. Ha publicado sus investigaciones en el área de la psiquiatría en revistas internacionales doctorándose en el año 2004 y realizando la estancia Postdoctoral en University College of London en el año 2007. Reside desde el año 2009 en Navarra, España, donde trabaja como psiquiatra para el Servicio Navarro de Salud.

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