



Contra la felicidad. En defensa de la melancolia (Pensamiento / Taurus) (Spanish Edition)

Eric G. Wilson

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More than any other generation, Americans today believe in the transformative power of positive thinking. But who says we're supposed to be happy? Where does it say that in the Bible or the Constitution? Scholar Eric G. Wilson argues that all thriving cultures need melancholia -it is the muse of great literature, painting, music, and innovation, as well as the force underlying original insights. Francisco Goya, Emily Dickinson, Marcel Proust, and Abraham Lincoln were all confirmed melancholics, so enough Prozac-ing of our brains. Let's embrace our depressive sides as the wellspring of creativity. What most people take for contentment, Wilson argues, is living death, and what the majority takes for depression, is a vital force. In *Against Happiness: In Praise of Melancholy*, Wilson suggests it would be better to relish the blues that make humans become people. Description in Spanish: Todos somos adictos a la felicidad. Cuando no nos atiborramos de pildoras, nos sumergimos en libros de autoayuda de todo tipo de autores, que van de filosofos aficionados a psicologos clinicos, pasando por el mismisimo Dalai Lama- sobre como alcanzar una vida sin problemas. Mas que cualquier generacion anterior, la nuestra cree en el poder transformador del pensar en positivo. Pero quien ha dicho que debemos ser felices? En que pasaje de la Biblia o de la Constitucion se dice? En *Contra la felicidad*, Eric G. Wilson defiende que la melancolia es necesaria para cualquier cultura prospera, la musa de la buena literatura, pintura, musica e innovacion y la fuerza que subyace a toda idea original. Francisco de Goya, Emily Dickinson, Marcel Proust y Abraham Lincoln eran, todos ellos, melancolicos confirmados. Asi que no mas Prozac en nuestros cerebros, aceptemos nuestro lado depresivo como motor de creatividad y tomemonos la melancolia como lo que es: una fuerza vital.

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