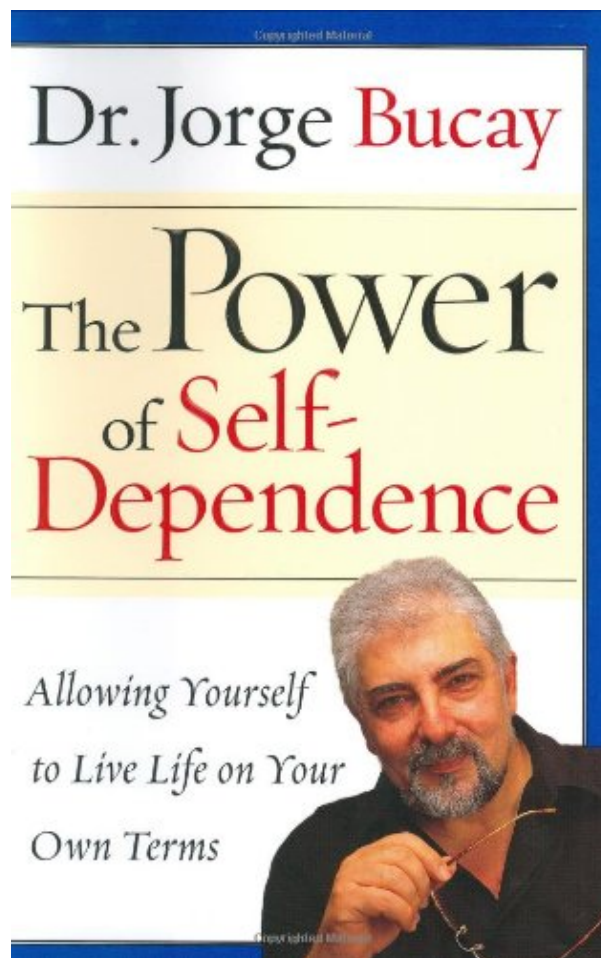


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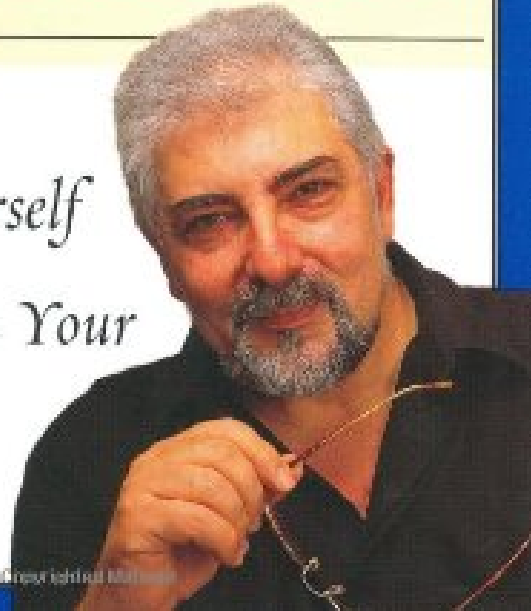


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About the Author

Dr. Jorge Bucay es el autor de varios bestsellers internacionales que han vendido casi dos millones de libros en todo el mundo. Vive en Argentina.

Dr. Jorge Bucay is an international bestselling author with almost two million books in print. This is his first book to appear in the English language. He lives in Argentina.

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THE POWER OF SELF-DEPENDENCE: ALLOWING YOURSELF TO LIVE LIFE ON YOUR OWN TERMS BY JORGE BUCAY PDF

World-renowned therapist Dr. Jorge Bucay's wisdom is finally available in America, helping to change lives in the United States, in the same powerful manner he has done so for countless people throughout the world.

In an easy-to-read format, with engaging stories and thoughtful anecdotes drawn from a multitude of sources -- folktales, the Bible, eastern philosophy, and the Talmud -- The Power of Self-Dependence leads us beyond our commonplace notion of independence to the more profound concept of self-dependence.

Dr. Jorge Bucay, taking on the role of Life-Coach, proposes that in order for us all to attain balance in our lives and to achieve inner peace, we must acknowledge our dependence on those around us -- whether they are friends, family, or even coworkers. We can't, Bucay firmly establishes, go it alone.

With his unique blend of spirituality and practical wisdom, Bucay explains why independence proves to be an illusion and demonstrates how understanding this allows us to transform ourselves into healthy, enlightened individuals.

Without ignoring our own need for independence, Bucay shows us that as people, we are social creatures who must learn to trust and embrace one another. Before we can seek happiness, says Bucay, we must first learn to be self-dependent -- on our own instincts and of those closest to us.

Once we have attained this delicate balance between trusting ourselves and trusting those we love and depend upon, we clear the path toward the ultimate goal: personal happiness.

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Most helpful customer reviews

11 of 11 people found the following review helpful.

One of the BEST self-help books in years, I think

By Lawrence Walker

I came to Amazon to order a few extra copies for friends and would-be-better friends and was surprised to see (so far) only one review for this book. I, too, snapped it up cheap, not at all sure of the quality or VALUE, but I think that Bucay's book is well worth full retail.

Bucay is Argentinian, and this is his first book translated into English for a North American publisher and audience. But the good doctor is renowned in Spanish-speaking countries around the world.

Yes, he gets off to a bit of a disjointed start, with a patched together string of parables that seem sort of quaint and "foreign" (even causing me to conjure that first and greatest of Spanish "QUEST" characters, Don Quixote, but this little book really gets into some fine insights useful in the here and NOW. This is - Bucay is - a WISE GUY, and I say that in the positive sense. His folksy manner may, for some, betray the real rewards and subtle weight of his work, but that, I think, becomes MORE charming as the book progresses. MORE, not less, so give it a few chapters to warm up - and for you to warm to Bucay's rhetorical style. Then, the rest of this efficient and alluring book will be WELL worthwhile.

Bucay helps us consider what our freedoms are, what our responsibilities are (and aren't), and HOW we can come to terms (in simple though not terms) with reconciling our lives with the familial, social and cultural trappings, baggage and conventional "be like us/be a winner") BS around us. Any time an author can say accessible things about that, with some old-fashioned parables, straightforward language and some real insight and wisdom WITHOUT JARGON is just about ALWAYS worth the cover price.

Bucay shows much more humility and grace than most Type-A slash North American self-help writers. His book is a breath of modern sense with some Old World flair.

I encourage you to consider this book. I hope you'll get it and give Bucay's very FRIENDLY voice a chance to sink in. Then, as you read it, the real "meaning of life" insights will be what you find yourself considering.

1 of 1 people found the following review helpful.

Excellent Self-help book

By Frank Nelson

This is an excellent book dealing with a topic most people struggle with at some level. The author does a great job of walking us through the problem of dependency and how we can become more self-dependent. He is very humble and talks about his own life with many examples. In addition I liked the fact that the author acknowledges that we can never really be self-dependent entirely. We can however, recognize issues and work towards being more self-dependent.

1 of 1 people found the following review helpful.

Fantastic Reading

By Susan Smith

What a great world renowned therapist Dr Jorge Bucay is and how lucky that his wisdom is finally available in an English format in this great book "The Power of Self Dependence". All I can say is that it is a MUST read for anyone who wants to allow themselves to live life on their own terms....The book has a unique blend of spirituality and practical wisdom to help us achieve our ultimate goal of personal happiness....

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