



Ponga un psiquiatra en su vida (Serendipity) (Spanish Edition)

José Carlos Fuertes Rocañín

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Este libro pretende ver el problema de la enfermedad mental desde una óptica diferente y, aunque está escrito por un médico psiquiatra, su finalidad es divulgar -que no vulgarizar- todo lo referente a las enfermedades mentales y también algunas conductas peculiares que, sin ser trastornos, sí merecen atención o tratamiento. Se pasa revista a temas tan variados como el síndrome posvacacional, las adicciones, la demencia o la educación que damos a nuestros hijos. En la segunda parte del libro se ofrecen unas recetas prácticas, sencillas pero rigurosas, para superar algunos problemas y alteraciones psiquiátricas, incluyendo tratamientos farmacológicos y técnicas psicológicas básicas. Todo el manual está escrito en un tono distendido y un lenguaje fácil de entender para el no experto en la materia. Se han incluido algunos capítulos con cierta ironía y algo de humor, pero siempre con la intención de mostrar el trasfondo de determinadas conductas humanas que, aun siendo frecuentes, no dejan de tener su lado curioso cuando no anómalo. Por último, y como cierre del manual, se dedica un capítulo a ampliar conocimientos a la vez que se hace un repaso mediante el siempre efectivo sistema de preguntas y respuestas. José Carlos Fuertes Rocañín (Zaragoza, 1957). Licenciado en Medicina y Cirugía por la Universidad de Zaragoza. Doctor en Medicina y Cirugía por la Universidad de Valladolid. Especialista en Psiquiatría por la Universidad Complutense de Madrid. Es profesor de cursos de postgrado en diversas universidades españolas y extranjeras. Es autor de más de treinta libros técnicos y de divulgación en salud mental. Director y organizador de cursos y seminarios sobre temas relacionados con la salud mental, la comunicación, las habilidades sociales y la autoestima, es colaborador de tertulias radiofónicas y de diversos programas de televisión (Antena 3, Aragón TV, Telecinco, La Sexta). En la actualidad compagina su consulta privada con la labor asistencial en el Servicio de Psiquiatría del Hospital General de la Defensa de Zaragoza y su actividad docente en la UNED. www.josecarlosfuertes.com info@josecarlosfuertes.com @ jcfuertes

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