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# La Creatividad Consciente / On Becoming an Artist: De como Reinventrase Mediante la Practica del Arte / Reinventing Yourself Through Mindful Creativity (Autoayuda / Self-Help) (Spanish Edition)

*Ellen J. Langer*

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¿Se puede hablar con la Muerte? Existen muchas obras literarias que nos hablan de ella, aunque no tantas que hablen con ella. Se desea saber cómo es la muerte, a la vez que se la esconde y banaliza. Hay que reconocer que no resulta nada fácil aceptarla, sobre todo cuando se lleva a seres queridos. Este libro pretende establecer una aproximación de complicidad con el personaje de la Muerte, en primera persona. El vehículo para alcanzar este objetivo es la escritura de Catorce cartas a la muerte (sin respuesta). En la primera de ellas se explica el porqué de esta correspondencia unidireccional y en la última se concluye la relación epistolar con una despedida que no deja -por razones obvias- de ser momentánea. En las restantes doce cartas se abordan algunos de los caminos que un día nos conducirán definitivamente hacia la muerte: enfermedades, accidentes, vejez, hambrunas, suicidios... Y también temáticas para reflexionar con serenidad sobre su certeza incuestionable: el paso del tiempo, la inmortalidad, la pérdida y el duelo, la religión, la eutanasia, la (in)justicia, el arte... A través de un estilo intimista y sencillo, mostrando sentimientos que van desde el humor y la ironía a la rabia y la tristeza, la autora explicita la importancia de tener presente la muerte en la vida, ya que de este modo el vivir cobra plenamente sentido.

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