



El punto ciego: Psicología del autoengaño (Spanish Edition)

Daniel Goleman

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Un penetrante análisis de las diversas formas en que los seres humanos nos autoengañamos para protegernos de la ansiedad, el fracaso y el dolor. Goleman encuentra evidencias de ello en todos los niveles: desde la actividad mental individual a la dinámica de toda una sociedad. Así entendido, el autoengaño ha de considerarse un mecanismo psicológico de defensa contra los dolorosos embates del mundo exterior. El cerebro humano es capaz de filtrar selectivamente la información que recibe, y de esa manera disminuye la conciencia de la memoria y las percepciones negativas. Este mecanismo crea un punto ciego que bloquea la atención y disminuye el impacto de las decepciones. Pero aunque el autoengaño es en la mayoría de las ocasiones beneficioso para la estabilidad psíquica y emocional ya que su función es precisamente preservarla, a veces puede ser peligroso y perjudicial, tanto a nivel individual como social.

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