



Estrés en niños y adolescentes, El (B de Books) (Spanish Edition)

Amanda Céspedes Calderón

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El estrés en niños y adolescentes... En busca del paraíso perdido es la tercera parte de la serie que constituyen Niños con pataletas, adolescentes desafiantes (2007) y Educar las emociones... educar para la vida (2008), obras que han sido un fenómeno de ventas y comentario obligado entre padres, profesores y profesionales de la salud infantil en los últimos años. En este nuevo libro, la neuropsiquiatra infantil, Dra. Amanda Céspedes, nos permite adentrarnos en el cerebro de niños y adolescentes y descubrir cómo su precaria estabilidad emocional se ve amenazada ante las adversidades propias del entorno, y qué sucede en ellos con el sufrimiento que trae asociado este desequilibrio. A través del análisis de diversos casos, podemos comprobar que todos los niños y adolescentes están expuestos a múltiples variables del entorno donde crecen y se desarrollan que pueden transformarse en un factor de estrés crónico; la tarea de los adultos es fortalecer su sistema de respuesta a las tensiones del ambiente para enfrentar los problemas, y acudir con amor a todos los recursos posibles para reparar el daño provocado y convertirlos así en adultos sanos y resilientes.

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