



La Resiliencia: ¿Garantía del Éxito? (Spanish Edition)

Rolando José Olivo

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El concepto de resiliencia se ha trasladado a la psicología, abarcando un conjunto de cualidades y actitudes extraordinarias, las cuales permiten recuperarse y enfrentar las adversidades. A pesar que las mismas no garantizan el éxito, el ser humano resiliente es una nueva persona, más madura y estable emocionalmente, quien logra derrotar al sufrimiento generado por eventos trágicos y sale más fortalecido. Por una parte, no todos somos resilientes, debido a que la capacidad de resistencia tiene límites y las respuestas emocionales superan a las racionales (dilema de la resiliencia). Y por la otra, todos podemos desarrollar en menor o mayor grado nuestra resiliencia, siempre y cuando estemos dispuestos a perseverar y tomar decisiones difíciles. Ir más allá de la resiliencia comprende: procurar un equilibrio entre las necesidades, vencer la trampa de la postmodernidad, indagar sobre los misterios existenciales, cumplir con un propósito en la vida y perseguir la felicidad. Aunque la resiliencia no garantiza el éxito, vivir plenamente incluye descubrir el significado de la existencia y orientar esfuerzos para llevar una vida ejemplar y virtuosa, sirviendo a los demás y a Dios. El fiel cumplimiento de un propósito existencial prevalece sobre los fracasos y los triunfos.

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