



# La libertad del compromiso: Cambiar tu vida para cambiar el mundo (Spanish Edition)

*Hernán Zin*

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**¿Es posible cambiar el mundo? En una sociedad globalizada ¿es posible ayudar a los más pobres y paliar las desigualdades sociales?**

A estas preguntas responde este libro aportando para ello la experiencia humana, personal y vital de siete personas: José María en África; Belén en Filipinas; Fabiola en el Tibet; Alan en Argentina; Urmi, Alison y David en la India. Todos ellos dejaron sus respectivos países y vidas acomodadas para ayudar a los demás, a los más pobres, al margen de las grandes organizaciones, con proyectos personales y modestos. Y además de ayudar, resulta que son más felices y se sienten útiles. Aquí nos enseñan cómo afrontar la vida de otra manera, contagiándonos de su coraje, mostrándonos las posibilidades que todos tenemos de "comprometernos". Nos demuestran, en fin, que es posible salirse de una rueda que, como dice Rosa Regàs en la última parte del libro, te convierte en un hombre mutilado «y un día te encuentras bajo un cielo estrellado y eres incapaz de verlo». Reflexión a la que se incorporan voces relevantes de nuestra sociedad como Fernando Savater, Ramiro Calle, Concha García-Campoy, Pilar Bardem, Javier García Sánchez, Carlos Taibo y Dominique Lapierre.

Análisis y testimonio se unen en un libro escrito para no dejar indiferente a nadie. Un libro para todos aquellos que se sienten comprometidos y que enarbolan la bandera de la libertad. Porque, como dice Fernando Savater en su texto, «las personas libres no se preguntan qué va a pasar sino qué van a hacer».

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