



**Contra el Mito de la pereza/ Against the myth of
the laziness: Como ninos -y padres- pueden ser
mas productivos/ How parents and children can be
more productive (Paidos Transiciones) (Spanish
Edition)**

Mel Levine

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¿Cuántas veces hemos oído decir a un profesor que nuestro hijo tiene un potencial extraordinario pero que «no se aplica lo suficiente» o «debería esforzarse un poco más»? ¿Cuántas veces hemos dicho lo mismo a alguno de nuestros hijos? ¿Y ese compañero de trabajo que parece incapaz de terminar nada y nunca entrega a tiempo sus informes o proyectos? Independientemente de las excusas que oigamos, sospechamos que la pereza es la verdadera razón de su baja productividad. En el fondo, prácticamente nadie es perezoso. Eso es lo que nos dice el doctor Mel Levine, autor del gran éxito de ventas *Mentes diferentes*, aprendizajes diferentes, también publicado por Paidós. La baja productividad, sea en los estudios o en el trabajo, casi siempre se debe a un problema real, a una disfunción psicológica. A pesar de ello, innumerables personas han sido estigmatizadas con injustas acusaciones de pereza. Y muchas de ellas son personas adultas que vienen arrastrando heridas emocionales desde su época escolar. En *El mito de la pereza*, Levine nos enseña a descubrir las disfunciones psicológicas que pueden causar lo que él llama una «producción deficiente». Con sus consejos prácticos y su tono sencillo y asequible, se trata de un libro que enseña a los padres a fomentar las cualidades de sus hijos y a mejorar su productividad en los estudios. Y, lo que es más importante aún, nos muestra que corregir esos problemas en la infancia ayudará a los niños a llevar una vida adulta productiva y satisfactoria.

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