



Amor y humor (BIBLIOTECAS DE AUTOR) (Spanish Edition)

Eduardo Jáuregui

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Las claves científicas de las risas contagiosas, las comedias románticas, el sexo divertido y las locuras de amor.

El amor y el humor son dos grandes claves del bienestar, y dos de los más profundos misterios de la experiencia humana. Además, según la psicología positiva, existe una relación muy íntima entre las cosquillas y las caricias. Las personas con las que más reímos son las que más amamos, y viceversa. El «tonteo» es fundamental en el juego amoroso, y no digamos en el erótico. Y a largo plazo, las parejas que ríen y bromean juntas son más duraderas y están más satisfechas con su relación. Amor y humor son dos polos del equilibrio mental, dos lazos emocionales complementarios, dos amantes que ríen, juegan y se quieren con locura.

En este original y divertido ensayo, repleto de ejemplos hilarantes, tiernos, picantes e inspiradores, Eduardo Jáuregui explora las relaciones entre amor y humor, partiendo de los estudios científicos que han identificado el humor como una de las principales claves del verdadero arte de amar, y el amor como una de las principales claves del verdadero sentido del humor. Es un libro para desdramatizar el romance, humanizar la risa y, sobre todo, para disfrutar en compañía, a ser posible bajo las sábanas y con linterna.

Eduardo Jáuregui

Profesor de Psicología Positiva en Saint Louis University, Doctor en Ciencias Sociales y cofundador de Humor Positivo, una empresa de formación especializada en el sentido del humor, con clientes como IKEA, La Caixa, Sanitas y Gas Natural. Es autor de *El sentido del humor: manual de instrucciones* y co-autor de *Juicio a los humanos*, además de colaborar habitualmente con diversos medios de comunicación como *Mente Sana*. Vive con su mejor amiga y su pingüino de peluche.

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