



El hombre autorrealizado: Hacia una psicología del Ser (Spanish Edition)

By Abraham H. Maslow

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Maslow's thesis is that humans only move toward self-realization once their basic needs such as food, clothing, and shelter have been met. He contradicts the psychology of adaptation to the environment with a dynamic explanation that man is only healthy once he fulfills himself creatively. He calls this new creative expression "peak experiences," which are privileged moments in which one is carried beyond himself through aesthetics, intellect, or religion.

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About the Author

Abraham H. Maslow outlined revolutionary ideas that helped establish a new way to look at psychology and laid the foundation for marketing, motivation, self-fulfillment, transpersonal psychology, and new trends in business management.

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