



# Adolescencia confusa y confundida: Una guía para evitar lo peor (Spanish Edition)

*Martina Martínez Tuya*

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Mi vida profesional ha estado siempre, en todo o en parte, dedicada a los adolescentes y he visto cómo esta etapa producía cierta huída por parte de muchos colegas y cómo era la más incomprendida en general y también la más fallida educativamente hablando. Una promoción tras otra, desde que la enseñanza obligatoria ha sobrepasado la infancia y la pubertad, se ha visto – salvo raras excepciones, sometida a una educación contradictoria e incapaz para comprender, articular y ayudar a superar el camino difícil y necesario para llegar a ser un verdadero adulto. La adolescencia es un reto cultural, no una fatalidad del desarrollo genético. Los mayores problemas de los chicos y chicas de 14 a 18 años no vienen del hecho de ser adolescentes, sino precisamente de no conseguir serlo. Su desarrollo ha quedado retenido y se encuentran en una situación sin salida para ellos en las sociedades avanzadas y la mayoría sin ayuda de nadie. Profesores y padres no siempre han sido adolescentes, y sus propias contradicciones hacen muy difícil la convivencia con sus hijos o sus alumnos. Este libro pretende animar a padres y docentes a mirar y mirarse buscando lo mejor para sí mismos y para los jóvenes que estén bajo su cuidado. El camino puede no ser fácil, ni tampoco siempre gozoso, pero lo que está asegurado – contando con un buen ánimo y la mejor voluntad- es que siempre será apasionante.

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