



# Let Me Tell You a Story: A New Approach to Healing through the Art of Storytelling

*Jorge Bucay*

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Let Me Tell You a Story is a tender and delicate book about the search for happiness. Demián is highly strung young man, curious about the world and himself, but he has difficulty facing some of life's everyday problems, those concerning work, his love life, and relationships with friends and family. He is eager to know more about himself and to learn how to confront life with gusto and serenity. In short, he wants what all of us want: to be happy and fulfilled.

Demián finds Jorge, an unconventional psychoanalyst who approaches Demián's dilemma in an unconventional way. Every day, Jorge tells Demián a story. At times they are classic fables, others modern stories, or folk tales, stories that have been revisited and reshaped by the analyst to help his young friend overcome his doubts and find happiness. They are, in short, stories that can help every one of us better understand ourselves, our relationships, and our fears.



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