



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

*Abraham H. Maslow*

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**El hombre autorrealizado: Hacia una psicología del Ser (Spanish Edition)** Abraham H. Maslow  
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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