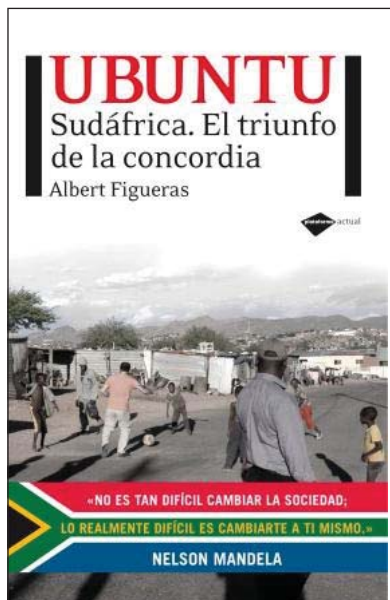


# Ubuntu

by Albert Figueras



## UBUNTU

### SOUTH AFRICA. THE TRIUMPH OF RECONCILIATION

BY ALBERT FIGUERAS

112 pages

Current Affairs - Psychology

■ The book that explains the reason why Nelson Mandela being South Africa's leader was a miracle.

### SYNOPSIS

How is it possible that a country governed until recently by an apartheid regime could hold the World Cup in Football in 2010 and be a model for social understanding and progress? The answer is called ubuntu.

Ubuntu is the great teaching of South Africa – the cradle of the human species – it contributed to the world at the dawn of the 20th century. It is a philosophy of life that, as is explained in a down-to-earth and thought-provoking way, we can apply to sport, to work and to everyday life. Its benefits are to be felt in our bodily well-being, our mental state and in society. This book explains how to attain it and live in greater harmony with our environment and in peace with ourselves.



### ABOUT THE AUTHOR

Albert Figueras (Barcelona, 1961) is a doctor and a teacher at the Autonomous University of Barcelona and an honorary professor at the Universidad Nacional del Nordeste, in Argentina. He has published *Pequeñas grandes cosas* and *Optimizar la vida*.

He works in the Catalan Institute of Pharmacology, and collaborates closely with organizations like the World Health Organisation, the Pan American Health Organization and the World Bank. He is a frequent contributor to forums and discussion panels about the medical facts of happiness and well-being and has authored articles for specialized publications such as, among many others, *The Lancet* and *The British Medical Journal*.

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