



Atrapa el pez dorado: Meditación, conciencia y creatividad (Spanish Edition)

David Lynch

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En *Atrapa al pez dorado* el director de cine David Lynch abre una ventana a su mente y nos muestra su particular forma de crear.

Atrapa al pez dorado es un ensayo sobre el origen de las ideas y la creatividad que el cineasta americano aplica a su universo personal. El punto de partida del libro es la meditación, algo que le apasiona desde hace años y cuya práctica ha marcado su proceso creativo. Es, también, un compendio de pensamientos que busca fomentar la creatividad y en el que David Lynch aboga por dejar trabajar a la intuición, a la vez que va revelando, de forma ágil y amena, detalles sobre su carrera, sus películas, Hollywood, etc.

Música, pintura, películas. Lynch enlaza temas y lanza ideas. Esas ideas que, según él, son como peces persiguiendo el cebo del deseo.

Reseñas:

«Ideas sobre la meditación al servicio de la creatividad.»

Miqui Otero, *El País*

«*Atrapa al pez dorado* desvela, a su manera, uno de los mecanismos creativos más legendarios del cine moderno: cómo se le ocurren las ideas a David Lynch y cómo logra transformar ideas abstractas en imágenes gracias a la intuición.»

Carlos Prieto, *El Confidencial*

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Mary Lamm:

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