



# El machismo invisible regresa (Spanish Edition)

*Marina Castañeda*

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**No es necesario ser mujer para ser víctima del machismo, ni hombre para ser machista.**

El machismo sigue vivo y se ha vuelto aún más urgente desenmascararlo, comprenderlo y combatirlo bajo todas sus formas, debido a sus enormes costos psicológicos, sociales y económicos en las sociedades modernas.

Si bien la violencia contra las mujeres es su manifestación más extrema, existen mecanismos más sutiles que se expresan en la comunicación, el trabajo, la salud y la sexualidad mediante roles de género sumamente rígidos, limitantes e ineficientes. Que las mujeres tengan menos acceso a la educación y al trabajo bien remunerado equivale a desperdiciar un inmenso capital humano; que tengan menor poder de compra priva a las empresas de un nicho de mercado importante; que los varones sólo sepan #cosas de hombres# y las mujeres #cosas de mujeres# crea personas con sólo la mitad de las habilidades que requiere la vida moderna. En el campo laboral, el llamado techo de cristal sigue impidiendo que las mujeres lleguen a los puestos ejecutivos más altos; y, en la vida pública, la representación popular sigue siendo, muy mayoritariamente, un asunto de hombres. Para que esto cambie, no basta con mejorar la condición de las mujeres. Ya no se trata de #darle oportunidad a las mujeres#, quienes ya han demostrado con creces su capacidad intelectual y laboral. Lo que se requiere ahora es cambiar las reglas del juego en todas las áreas de la vida; y, para ello, es indispensable la participación de los hombres.

En esta nueva edición revisada y actualizada, Marina Castañeda incluye una sección sobre la misoginia, datos sobre la violencia contra las mujeres y dos amplios cuestionarios para que hombres y mujeres reflexionen acerca de los mecanismos invisibles del machismo en la vida diaria.

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