



La Mente in Fuga. Paura Fobia Panico.

By Covelli, Vito

Schena Editore, 2012. Book Condition: new. Brindisi, 2012; br., pp. 120, cm 14x21. L'angoscia, le paure, le emozioni, le passioni, si contrappongono alla ragione, alla logica e alle capacità cognitive. La paura di non essere all'altezza, di non farcela, di fallire, l'angoscia di essere "non adeguati" alle situazioni esistenziali, l'incapacità di reggere le relazioni interpersonali, sociali e affettive, possono caratterizzare e stigmatizzare un'intera esistenza scandita dal sapore amaro del disagio e della sofferenza profonda. La capacità di controllare la propria ansia, il proprio dolore di vivere, la rabbia e l'aggressività, consente di "vincere" le inevitabili sconfitte della vita e di irrobustire lo spessore emozionale. Dalla paura al panico il passo è breve: faccia a faccia con la paura, non come sfida ma come esercizio costante di lotta per la vita. Ciò consente di individuare le possibili cause del panico e delle tante fobie che costellano le nostre esistenze. La "paura della paura" col tempo costituisce un circolo vizioso difficilmente disinnescabile: la vera vittoria è l'acquisizione del controllo emozionale. Efficienza e flessibilità rendono plastica la mente; essa impara ad affrontare situazioni avverse e difficili che altrimenti altererebbero in modo irreversibile ed ineluttabile l'equilibrio psicofisico, facendo della vita una lunga attesa, estenuante...



READ ONLINE
[7.29 MB]

Reviews

Without doubt, this is the best operate by any publisher. I was able to comprehend everything out of this written e publication. Its been developed in an remarkably easy way which is only following i finished reading through this ebook by which basically altered me, modify the way i believe.

-- **Dr. Ofelia Grant Sr.**

An incredibly awesome pdf with perfect and lucid explanations. I have read through and that i am confident that i am going to gonna read yet again yet again in the foreseeable future. I am quickly can get a delight of reading a created book.

-- **Mr. Johnson Hane**

You May Also Like



Cat's Claw ("24" Declassified)

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday. FREE...



Britain's Got Talent" 2010 2010 (Annual)

Pedigree Books Ltd, 2009. Hardcover. Book Condition: New. ***NEW BOOK DISPATCHED DAILY FROM THE UK*** Daily dispatch from UK warehouse.



Kids Perfect Party Book ("Australian Women's Weekly")

ACP Books, 2007. Paperback. Book Condition: New. A Brand New copy, unused and unread. Dispatched by next working day from Hereford, UK. We can now offer First Class Delivery for UK orders received before 12 noon, with same-day dispatch (Monday-Friday) not including...



The Dog Who Loved Tortillas: La Perrita Que Le Encantaban Las Tortillas

Cinco Puntos Press,U.S. Paperback. Book Condition: new. BRAND NEW, The Dog Who Loved Tortillas: La Perrita Que Le Encantaban Las Tortillas, Benjamin Alire Saenz, Geronimo Garcia, Diego and his sister Gabriela argue over their new dog Sofie. But it's only when Sofie...



Business Hall of (spot). The network interactive children's encyclopedia graded reading series: deep sea monster (D grade suitable for(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2006-09-01 Pages: 32 Publisher: The Commercial Press beat Reading: All books are the Youth Pre-employment Training software download...



Bert's Band: Band 04/Blue (American English ed)

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Bert's Band: Band 04/Blue (American English ed), Martin Waddell, Tim Archbold, Cliff Moon, Bert's Band like to play as they march down the street. When they win the cup, they arrive back at their...