



Equilibrio e felicità - i segreti del benessere (Italian Edition)

Pietro De Santis

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"Ho iniziato ad osservare i comportamenti delle persone ed a riflettere su che cosa significasse “essere felici” alcuni anni fa, quando scoprii di essere stato colpito da un tumore.

Questa malattia, risolta per fortuna positivamente, mi permise di guardare il mondo “dall’alto in basso” e di riflettere a lungo su quello per cui vale veramente la pena vivere".

Inizia così questo manuale pratico di crescita personale, che illustra il punto di vista di una persona normale che si è fermata a guardare quello che gli succede intorno.

Da un'attenta analisi dei bisogni personali, sono emersi alcuni consigli in merito all'alimentazione, al pensiero ed all'importanza dell'ascolto del proprio corpo.

Un aiuto per coloro che si sentono "trasportati" dalla corrente dell'esistenza e non riescono a raggiungere la sponda per riposarsi ed osservare quello che succede loro intorno.



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