



Chi cerca trova (Italian Edition)

Sole Lancia

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Chi cerca trova? A ben riflettere, si trova quello che si cerca; il punto è che, se quello che abbiamo trovato non ci fa stare bene, probabilmente è perché non eravamo consapevoli di cosa stavamo cercando realmente. Siamo noi a creare la nostra vita attraverso le scelte che facciamo: se la vita che abbiamo non ci rende felici, per cambiarla dobbiamo iniziare a compiere scelte diverse.

Abbiamo la vita che desideriamo o ci sentiamo intrappolati in un'esistenza incompleta, prigionieri di una realtà che abbiamo contribuito a creare, ma che non sentiamo appartenerci fino in fondo?... Questo libro offre una guida pratica ed efficace per accrescere la conoscenza di noi stessi e per comprendere il nostro modo di affrontare la vita. Con un linguaggio semplice vengono resi accessibili concetti psicologici che consentono di lavorare su di sé per realizzarsi e ottenere una vita felice. Il lettore viene accompagnato in un percorso accattivante mediante una serie di indicazioni che hanno una ricaduta estremamente concreta e tangibile sulla sua esistenza. In questo viaggio ideale dentro di sé si impara a costruire il proprio benessere giorno per giorno, arrivando a destinazione con un bagaglio colmo di esperienze e cambiamenti positivi. La Vita è un viaggio, possiamo dimenticarlo o far finta di non saperlo, oppure possiamo indossare scarpe comode e uno zaino sulle spalle e partire alla scoperta del suo significato.

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