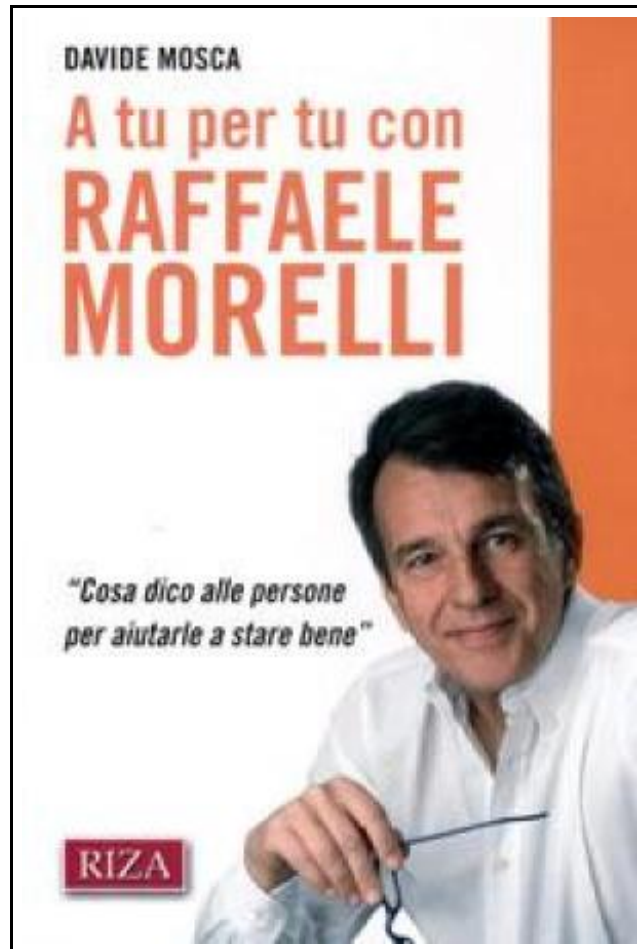


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Ist. Riza, 2012. Book Condition: new. Milano, 2012; br., pp. 176, cm 14,5x21. Ci sono due idee profondamente radicate nella testa di molti di noi: riuscire a stare bene è quasi impossibile e, in ogni caso, nella migliore delle ipotesi, richiede un lungo e faticoso percorso. E se invece fossero sufficienti appena un paio di mosse per vivere bene? "Bastano poche cose per cambiare la vita" assicura Raffaele Morelli. "Per prima cosa devi percepire che sei qua e che non hai niente da dirti: ci sono forze nascoste che ne sanno più di te e soprattutto che sanno cosa fare di te. Pertanto perditi nell'attesa". "Come seconda azione se arrivano il dolore, la tristezza, l'ansia, tu lasciali espandere: chiudi gli occhi e cerca il punto del tuo corpo dove si concentra il dolore. Se fai così, succede una cosa meravigliosa: non stai pensando".



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