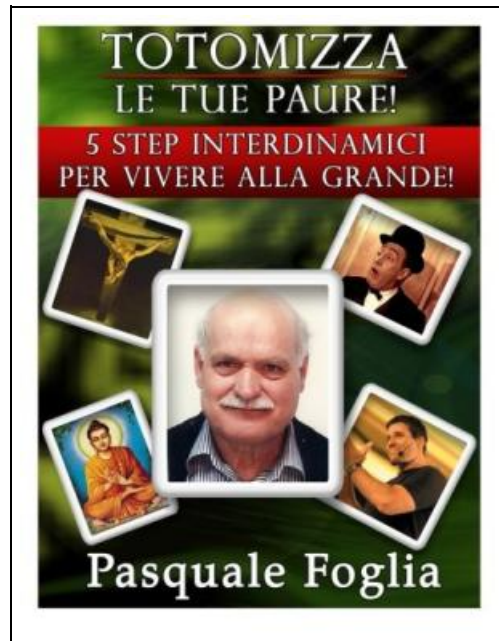


Totomizza Le Tue Paure!: 5 Step Per Vivere Alla Grande!



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Reviews

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(Prof. Christelle Stark III)

TOTOMIZZA LE TUE PAURE!: 5 STEP PER VIVERE ALLA GRANDE!



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: Italian . Brand New Book ***** Print on Demand *****.Sommario: Introduzione; 1 Step: Vinci le paure accettando la realta; 2 Step: Vinci le paure con le buone abitudini e l esperienza; 3 Step: Vinci le paure con l ottimismo e l autostima; 4 Step: Vinci le paure attraverso la consapevolezza; 5 Step: Vinci le paure con la formazione e l autoironia. Per controllare le paure occorre imparare a gestire i pensieri poiche tutte le emozioni, sia negative che positive, sono originate da cosa pensiamo e/o da come interpretiamo i fatti in un dato momento. Se siamo ottimisti penseremo soprattutto a cose positive o belle, se invece siamo pessimisti penseremo soprattutto a cose negative o brutte. L accettazione della realta e l ingrediente piu salutare in assoluto, perche ci libera dalle emozioni negative che ottendono l emisfero sinistro del cervello consentendoci di recuperare la lucidita mentale perduta e di rimboccarci le maniche. La felicità, che e un emozione come la paura, si raggiunge pensando soprattutto a cose belle. La felicità infatti e la prevalenza delle emozioni positive su quelle negative. Il pessimismo distrugge la vita. Anzi si potrebbe essere sempre felici: basta non avere paura di nulla. E la paura, infatti, che impedisce la felicità e l amore generando odio e risentimento. La paura distrugge la vita stessa perche e la capostipite o capessa di tutte le emozioni negative. Per vivere bene occorre vincere le paure imparando a conoscerle e abituarci a esse come fanno i vigili del fuoco, i paracadutisti e gli artificieri. Si ha paura soltanto di cio che non si conosce. Conoscere le paure significa affrontarle uscendo dalla propria zona di sicurezza e facendo la necessaria esperienza. Piu ci mettiamo in gioco...



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