



L'ansia (Farsi un'idea) (Italian Edition)

Mario Farnè

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Un esame, un incontro di lavoro, l'attesa di una notizia, un cambiamento, un ritardo, ma anche solo una telefonata: l'ansia è uno stato d'animo che sperimentiamo quasi ogni giorno. Ma è proprio l'ansia che, in condizioni normali, ci consente di affrontare le sfide della quotidianità manifestandosi innanzitutto come tensione positiva e carica psicologica. Ma quando e perché l'ansia si traduce in un'invincibile rivale? Se superiamo il livello di guardia, essa può trasformarsi da stimolo a emozione paralizzante, da spinta al successo a insormontabile ostacolo nei rapporti con gli altri e con se stessi, fino ad assumere le forme più violente e devastanti dell'angoscia e dell'attacco di panico. Tutti questi aspetti dell'ansia ed altri ancora vengono accuratamente affrontati in questo volume, in cui l'autore ci insegna però anche a dominarla.

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