

Parla Con Sicurezza Manuale Di Auto Aiuto Per Public Speaking E Autostima Oltre Le Parole

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The Cornered Cat - Kathy Jackson 2010

"If you have to fight...fight like a cornered cat." --Cover.

Self-Help in Mental Health - T. Mark Harwood 2009-11-24

Self-help is big business, but alas not a scientific business. The estimated 10 billion—that's with a "b"—spent each year on self-help in the United States is rarely guided by research or monitored by mental health professionals. Instead, marketing and metaphysics triumph. The more outrageous the "miraculous cure" and the "revolutionary secret," the better the sales. Of the 3,000 plus self-help books published each year, only a dozen contain controlled research documenting their effectiveness as stand-alone self-help. Of the 20,000 plus psychological and relationship web sites available on the Internet, only a couple hundred meet professional standards for accuracy and balance. Most, in fact, sell a commercial product. Pity the layperson, or for that matter, the practitioner, trying to navigate the self-help morass. We are bombarded with thousands of potential resources and contradictory advice. Should we seek wisdom in a self-help book, an online site, a 12-step group, an engaging autobiography, a treatment manual, an inspiring movie, or distance writing? Should we just do it, or just say no? Work toward change or accept what is? Love your inner child or grow out of your Peter Pan? I become confused and discouraged just contemplating the choices.

ABC of Mental Health - Teifion Davies 2009-07-06

Mental health services have changed completely in the UK, and the new edition of ABC of Mental Health has been thoroughly updated and revised to reflect this. Providing clear practical advice on how to recognise, diagnose and manage mental disorders successfully and safely, with sections on selecting drugs and psychological treatments, and improving compliance, ABC of Mental Health also contains information on the major categories of mental health disorders, the mental health needs of vulnerable groups (such as the elderly, children, homeless and ethnic minorities) and the psychological treatments. Fully up to date with recent mental health legislation, this new edition is as comprehensive as it is invaluable. By covering the mental health needs of special groups, this ABC equips GPs, hospital doctors, nurses, counsellors and social workers with all the information they need for the day to day management of patients with mental health problems.

Parliamo Italiano! - Suzanne Branciforte 2001-11-12

The Second Edition of *Parliamo italiano!* instills five core language skills by pairing cultural themes with essential grammar points. Students use culture—the geography, traditions, and history of Italy—to understand and master the language. The 60-minute *Parliamo italiano!* video features stunning, on-location footage of various cities and regions throughout Italy according to a story line corresponding to each unit's theme and geographic focus.

Palliative Care in Amyotrophic Lateral Sclerosis - David Oliver 2014

This volume provides an evidence-based guide to the care of people with ALS/MND, including the control of symptoms, the psychosocial care of patients and their families, and care in bereavement.

Parla con sicurezza - Ubaldo Saltarelli 2013-02-25

Parlare con altre persone o in pubblico è qualcosa che facciamo tutti, spesso se non quotidianamente. Questo libro è la messa in pratica di esperienze personali dell'autore che guida il lettore con le stesse tecniche di auto-aiuto usate su di sé. Il manuale è ricco di esercizi per parlare in pubblico e risolvere vari problemi di comunicazioni tra cui balbuzie, paura di parlare in pubblico, bloccarsi o ammutolirsi. Le

tecniche proposte dal coach Ubaldo Saltarelli sono basate sulla disciplina psicologica Programmazione Neurolinguistica e si propongono di aiutare il lettore a risolvere per sempre i suoi problemi di comunicazione. Il libro è inoltre ricco di storie ispiranti e divertenti, per mettere nello spirito giusto la mente del lettore che potrà così superare più facilmente le proprie difficoltà d'esposizione.

The Power of Self-Confidence - Brian Tracy 2012-09-19

Why are some people more successful than others? Self-confidence!

What one great goal would you set if you knew you could not fail? What wonderful things would you want to do with your life if you were guaranteed success in anything you attempted? Your level of self-confidence determines the size of the goals you set, the energy and determination that you focus on achieving them, and the amount of persistence you apply to overcoming every obstacle. In this powerful, practical book based on work with more than 5 million executives, entrepreneurs, sales professionals, and ambitious people in more than sixty countries, you learn how to develop unshakable self-confidence in every area of your life. The Power of Self-Confidence explains how to increase your "mental fitness" by thinking like top performers in every field. Little by little, you build up and maintain ever-higher levels of self-confidence in everything you do. Self-confidence allows you to move out of your comfort zone and take risks without any guarantees. With step-by-step guidance, author Brian Tracy will help you build the foundations of lifelong self-confidence. You discover how to determine what you really want, and unleash your personal powers to accomplish it. You'll learn how to: Clarify and live consistently with your values to become the very best person you could possibly be Set clear goals and make written plans to accomplish them Commit yourself to mastery in your chosen field and to lifelong personal improvement Program your subconscious mind to respond in a positive and constructive way to every problem or difficulty Minimize your weaknesses and maximize your strengths for higher achievement Develop high levels of courage and incredible persistence Become unstoppable, irresistible, and unafraid in every area of your life through the power of unshakable self-confidence. Become a person of action, overcome any obstacle, and scale any height. With your newfound unshakable self-confidence, you will accomplish every goal you can set for yourself.

The Vertical Sea - Brian Freschi 2022-07-19

From the minds of creators Brian Frechi and Ilaria Urbinati comes *The Vertical Sea*, a tale of a woman learning to push through her struggles in a world where the pressure seems endless. With a good job as an elementary school teacher and a love for her partner, India's life seems okay at face value. However, with a chronic mental illness that causes her to have panic attacks regularly, each day can be a struggle. With the threat of having her class taken from her, the pressure is building, and India needs to face her problems head on and take action. This wonderful story of perseverance is beautifully and meticulously illustrated by Ilaria Urbinati, and wonderfully written by Brian Freschi, allowing India to be connectable to all audiences.

L'Europeo - 1990

ANNO 2016 IL DNA DEGLI ITALIANI SECONDA PARTE - ANTONIO GIANGRANDE

E' comodo definirsi scrittori da parte di chi non ha arte né parte. I letterati, che non siano poeti, cioè scrittori stringati, si dividono in narratori e saggisti. E' facile scrivere "C'era una volta...." e parlare di

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Gestione della sicurezza alimentare. Con CD-ROM - Giuseppe Zicari 2003

Collective Courage - Jessica Gordon Nembhard 2015-06-13

In *Collective Courage*, Jessica Gordon Nembhard chronicles African American cooperative business ownership and its place in the movements for Black civil rights and economic equality. Not since W. E. B. Du Bois's 1907 *Economic Co-operation Among Negro Americans* has there been a full-length, nationwide study of African American cooperatives. *Collective Courage* extends that story into the twenty-first century. Many of the players are well known in the history of the African American experience: Du Bois, A. Philip Randolph and the Ladies' Auxiliary to the Brotherhood of Sleeping Car Porters, Nannie Helen Burroughs, Fannie Lou Hamer, Ella Jo Baker, George Schuyler and the Young Negroes' Co-operative League, the Nation of Islam, and the Black Panther Party. Adding the cooperative movement to Black history results in a retelling of the African American experience, with an increased understanding of African American collective economic agency and grassroots economic organizing. To tell the story, Gordon Nembhard uses a variety of newspapers, period magazines, and journals; co-ops' articles of incorporation, minutes from annual meetings, newsletters, budgets, and income statements; and scholarly books, memoirs, and biographies. These sources reveal the achievements and challenges of Black co-ops, collective economic action, and social entrepreneurship. Gordon Nembhard finds that African Americans, as well as other people of color and low-income people, have benefitted greatly from cooperative ownership and democratic economic participation throughout the nation's history.

Hunger - Roxane Gay 2017-06-13

From the New York Times bestselling author of *Bad Feminist*: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. "I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe." In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as "wildly undisciplined," Roxane understands the tension between desire and denial, between self-comfort and self-care. In *Hunger*, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself. With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.

The Six Pillars of Self-esteem - Nathaniel Branden 1994

Demonstrates the role of self-esteem in psychological health and presents six action-based practices that provide a foundation for daily life
Handbook on European data protection law - Council of Europe 2018-04-15

The rapid development of information technology has exacerbated the need for robust personal data protection, the right to which is safeguarded by both European Union (EU) and Council of Europe (CoE) instruments. Safeguarding this important right entails new and significant challenges as technological advances expand the frontiers of areas such as surveillance, communication interception and data storage. This handbook is designed to familiarise legal practitioners not specialised in data protection with this emerging area of the law. It provides an overview of the EU's and the CoE's applicable legal frameworks. It also explains key case law, summarising major rulings of both the Court of Justice of the European Union and the European Court of Human Rights. In addition, it presents hypothetical scenarios that serve as practical illustrations of the diverse issues encountered in this ever-evolving field.

Assessing Medical Technologies - Institute of Medicine 1985-02-01

New drugs, new devices, improved surgical techniques, and innovative diagnostic procedures and equipment emerge rapidly. But development of these technologies has outpaced evaluation of their safety, efficacy, cost-effectiveness, and ethical and social consequences. This volume, which is "strongly recommended" by *The New England Journal of Medicine* "to all those interested in the future of the practice of medicine," examines how new discoveries can be translated into better care, and how the current system's inefficiencies prevent effective health care delivery. In addition, the book offers detailed profiles of 20 organizations currently involved in medical technology assessment, and proposes ways to organize U.S. efforts and create a coordinated national system for evaluating new medical treatments and technology.

Giant Steps - Anthony Robbins 2011-08-01

WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION? Based on the finest tools, techniques, principles, and strategies offered in *Awaken the Giant Within*, best-selling author and peak performance consultant Anthony Robbins offers daily inspirations and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life. From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with a minimum investment of time.

Giornale della libreria - 2001

The Corona Crash - Grace Blakeley 2020-10-27

Free market, competitive capitalism is dead. The separation between politics and economics can no longer be sustained. In *The Corona Crash*, leading economics commentator Grace Blakeley theorises about the epoch-making changes that the coronavirus brings in its wake. We are living through a unique moment in history. The pandemic has caused the deepest global recession since the Second World War. Meanwhile the human cost is reflected in a still-rising death toll, as many states find themselves unable—and some unwilling—to grapple with the effects of the virus. Whatever happens, we can never go back to business as usual. This crisis will tip us into a new era of monopoly capitalism, argues Blakeley, as the corporate economy collapses into the arms of the state, and the tech giants grow to unprecedented proportions. We need a radical response. The recovery could see the transformation of our political, economic, and social systems based on the principles of the Green New Deal. If not, the alternatives, as Blakeley warns, may be even worse than we feared.

[Elettricità rivista settimanale illustrata](#) -

AMBIENTOPOLI - Antonio Giangrande 2020-08-29

E' comodo definirsi scrittori da parte di chi non ha arte né parte. I letterati, che non siano poeti, cioè scrittori stringati, si dividono in narratori e saggisti. E' facile scrivere "C'era una volta...." e parlare di cazzate con nomi di fantasia. In questo modo il successo è assicurato e non hai rompiballe che si sentono diffamati e che ti querelano e che, spesso, sono gli stessi che ti condannano. Meno facile è essere saggisti e scrivere "C'è adesso...." e parlare di cose reali con nomi e cognomi. Impossibile poi è essere saggisti e scrivere delle malefatte dei magistrati e del Potere in generale, che per logica ti perseguitano per farti cessare di scrivere. Devastante è farlo senza essere di sinistra. Quando si parla di veri scrittori ci si ricordi di Dante Alighieri e della fine che fece il primo

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Sette, settimanale del Corriere della sera - 2000

Manuale di auto-aiuto e consulenza psicologica per il pubblico circa la polmonite Covid-19 - Chinese Association for Mental Health 2020-03-01

Quando si parla di salvare vite umane, l'intervento psicologico risulta fondamentale. Mentre l'epidemia di polmonite da coronavirus Covid-19 si sta diffondendo a macchia d'olio nel mondo intero, tutti i Paesi devono aiutarsi a vicenda per affrontare congiuntamente questa sfida comune. Nella veste di grande Paese responsabile, la Cina sostiene e partecipa attivamente alla cooperazione internazionale nella lotta all'epidemia e contribuisce con la sua forza alla tutela della sicurezza della salute pubblica a livello regionale e internazionale, così da promuovere la costruzione della comunità dal futuro condiviso dell'umanità. Oltre alla prevenzione e alla cura dell'epidemia, la Cina spera di condividere la propria esperienza anche nel campo dell'intervento psicologico. Quando la malattia mette in pericolo la sopravvivenza, il timore, l'angoscia e il terrore prendono il sopravvento, travolgendo le difese psicologiche, il che aggrava ulteriormente la sofferenza fisica. Il testo presente volge ad attutire le pressioni psicologiche, a elevare l'immunità della psiche e ad accrescere la fiducia nella vittoria finale sull'epidemia.

Stai calmo e cambia le convinzioni depotenzianti - Ubaldo Saltarelli 2016-02-25

Se le convinzioni che hai ti impediscono di vivere la vita che vuoi, allora cambiale. Ubaldo Saltarelli, coach di PNL e trainer, ti presenta i migliori metodi per individuare le convinzioni depotenzianti e cambiarle.

Cambiare non è mai facile, richiede gli strumenti giusti e questo ebook ti presenta i migliori metodi: di Robert Dilts, Anthony Robbins e Richard Bandler. E' un vero e proprio manuale di crescita personale incentrato sulle tue convinzioni, cosce e inconscie, depotenzianti e potenzianti.

Leggi questo ebook e potenzia i tuoi risultati partendo da ciò che credi di essere, fare e ottenere. Ti sentirai alleggerito e rinato!

Biblio/Poetry Therapy - Arleen McCarty Hynes 2011-06-01

Biblio/Poetry Therapy The Interactive Process: A Handbook was first published in 1986. Now in its third printing, this is a classic text for those studying bibliotherapy: the use of literature in all its forms to promote mental health. The Hynes and Hynes-Berry four-stage bibliotherapy model is used by therapists, clinicians, educators, poets, and spiritual directors around the world."

Handbook on European Law Relating to Asylum, Borders and Immigration - European Union. European Union Agency for Fundamental Rights 2014

The European Convention on Human Rights and European Union law provide an increasingly important framework for the protection of the rights of foreigners. European Union legislation relating to asylum, borders and immigration is developing fast. There is an impressive body of case law by the European Court of Human Rights relating in particular to Articles 3, 5, 8 and 13 of the ECHR. The Court of Justice of the European Union is increasingly asked to pronounce itself on the interpretation of European Union law provisions in this field. This handbook presents this European Union legislation and the body of case law by the two European courts in an accessible way. It is intended for legal practitioners, judges, prosecutors, immigration officials and nongovernmental organisations, in the EU and Council of Europe Member States.

L'espresso - 1978

Showdown in Desire - Orissa Arend 2012-01-01

Showdown in Desire portrays the Black Panther Party in New Orleans in 1970, a year that included a shootout with the police on Piety Street, the creation of survival programs, and the daylong standoff between the Panthers and the police in the Desire housing development. Through interviews with Malik Rahim, the Panther; Robert H. King, Panther and member of the Angola 3; Larry Preston Williams, the black policeman; Moon Landrieu, the mayor; Henry Faggen, the Desire resident; Robert Glass, the white lawyer; Jerome LeDoux, the black priest; William Barnwell, the white priest; and many others, Orissa Arend tells a nuanced story that unfolds amid guns, tear gas, desperate poverty, oppression, and inflammatory rhetoric to capture the palpable spirit of rebellion, resistance, and revolution of an incendiary summer in New Orleans.

Think and Grow Rich - Napoleon Hill 2020-10-12

Ever wondered how life would be if we could condition our minds to Think and Grow Rich? Author Napoleon Hill claims to have based this book on twenty years of rigorous research on the lives of those who had amassed great wealth and made a fortune. Observing their habits, their ways of working and the principles they followed, Hill put together laws and philosophies that can be practiced in everyday life to achieve all-round success. The narrative is rich with stories and anecdotes, which not only inspire, but also show a way forward to take action. After all, riches are not just material, but also pertaining to the mind, body and spirit. Having sold more than fifteen million copies across the world, this book remains the most read self-improvement book of all times!

Bookmarks - A manual for combating hate speech online through human rights education - 2014-05-13

The work of the Council of Europe for democracy is strongly based on education: education in schools, and education as a lifelong learning process of practising democracy, such as in non-formal learning activities. Human rights education and education for democratic citizenship form an integral part of what we have to secure to make democracy sustainable. Hate speech is one of the most worrying forms of racism and discrimination prevailing across Europe and amplified by the Internet and social media. Hate speech online is the visible tip of the iceberg of intolerance and ethnocentrism. Young people are directly concerned as agents and victims of online abuse of human rights; Europe needs young people to care and look after human rights, the life insurance for democracy. Bookmarks is published to support the No Hate Speech Movement youth campaign of the Council of Europe for human rights online. Bookmarks is useful for educators wanting to address hate speech online from a human rights perspective, both inside and outside the formal education system. The manual is designed for working with learners aged 13 to 18 but the activities can be adapted to other age ranges.

Success Through a Positive Mental Attitude - Napoleon Hill 2019-10-05

Your success, health, happiness, and wealth depend on how you make up your mind! One side of your mind has positive mental attitude and the other side has negative mental attitude. A positive attitude will naturally attract the good and the beautiful. The negative attitude will rob you of all that makes life worth living. By helping you recognize the important person that you are and making you believe that you can change your world, this book helps you discover and unleash the power of your mental attitude.

In Sostanza - Fabio Lugoboni 2018-06-22

Mutual Aid - Dean Spade 2020-10-27

Mutual aid is the radical act of caring for each other while working to change the world. Around the globe, people are faced with a spiralling succession of crises, from the Covid-19 pandemic and climate change-induced fires, floods, and storms to the ongoing horrors of mass incarceration, racist policing, brutal immigration enforcement, endemic gender violence, and severe wealth inequality. As governments fail to respond to—or actively engineer—each crisis, ordinary people are finding bold and innovative ways to share resources and support the vulnerable. Survival work, when done alongside social movement demands for transformative change, is called mutual aid. This book is about mutual aid: why it is so important, what it looks like, and how to do it. It provides a grassroots theory of mutual aid, describes how mutual aid is a crucial part of powerful movements for social justice, and offers concrete tools for organizing, such as how to work in groups, how to foster a collective decision-making process, how to prevent and address conflict, and how to deal with burnout. Writing for those new to activism as well as those who have been in social movements for a long time,

Dean Spade draws on years of organizing to offer a radical vision of community mobilization, social transformation, compassionate activism, and solidarity.

Crossing the Quality Chasm - Institute of Medicine 2001-08-19

Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. Crossing the Quality Chasm makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, Crossing the Quality Chasm also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

Cambiare marcia - Marco Cerruti 2017-09-29T11:35:00+02:00

Milioni di persone si muovono ogni giorno sulle strade per lavoro, turismo, divertimento, acquisti e per i più diversi motivi, anche religiosi. Eppure la guida di automezzi e, più in generale, tutto ciò che ruota intorno al comportamento di automobilisti, motociclisti, ciclisti e pedoni, sembra costituire una zona franca dell'etica. Non si tiene nel debito conto che alcune condotte espongono a gravi rischi, coinvolgono la vita propria e altrui provocando vittime e feriti, hanno ripercussioni sull'inquinamento e la salute, oltre che conseguenze di natura legale e assicurativa. Perché la strada è, a tutti gli effetti, un luogo di convivenza e di relazioni. E il traffico un luogo insolito, ma fondamentale per osservare i comportamenti umani.

Fondamenti di psicologia dell'emergenza - Sbattella 2013

RELAZIONI PUBBLICHE E RELAZIONI UMANE ; TECNICHE E SCIENZE DELLA COMUNICAZIONE ; I TIPI DI COMUNICAZIONE.

Climate Crisis and the Global Green New Deal - Noam Chomsky 2020-09-22

Climate change: watershed or endgame? In this compelling new book, Noam Chomsky, the world's leading public intellectual, and Robert Pollin, a renowned progressive economist, map out the catastrophic consequences of unchecked climate change—and present a realistic blueprint for change: the Green New Deal. Together, Chomsky and Pollin show how the forecasts for a hotter planet strain the imagination: vast stretches of the Earth will become uninhabitable, plagued by extreme weather, drought, rising seas, and crop failure. Arguing against the misplaced fear of economic disaster and unemployment arising from the transition to a green economy, they show how this bogus concern encourages climate denialism. Humanity must stop burning fossil fuels within the next thirty years and do so in a way that improves living standards and opportunities for working people. This is the goal of the Green New Deal and, as the authors make clear, it is entirely feasible. Climate change is an emergency that cannot be ignored. This book shows how it can be overcome both politically and economically.

IL TERREMOTO E ... - ANTONIO GIANGRANDE 2016-09-13

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narratori e saggisti. E' facile scrivere "C'era una volta..." e parlare di cazzate con nomi di fantasia. In questo modo il successo è assicurato e non hai rompiballe che si sentono diffamati e che ti querelano e che, spesso, sono gli stessi che ti condannano. Meno facile è essere saggisti e scrivere "C'è adesso..." e parlare di cose reali con nomi e cognomi. Impossibile poi è essere saggisti e scrivere delle malefatte dei magistrati e del Potere in generale, che per logica ti perseguitano per farti cessare di scrivere. Devastante è farlo senza essere di sinistra. Quando si parla di veri scrittori ci si ricordi di Dante Alighieri e della fine che fece il primo saggista mondiale. Le vittime, vere o presunte, di soprusi, parlano solo di loro, inascoltati, pretendendo aiuto. Io da vittima non racconto di me e delle mie traversie. Ascoltato e seguito, parlo degli altri, vittime o carnefici, che l'aiuto cercato non lo concederanno mai. "Chi non conosce la verità è uno sciocco, ma chi, conoscendola, la chiama bugia, è un delinquente". Aforisma di Bertolt Brecht. Bene. Tante verità soggettive e tante omertà son tasselli che la mente corrompono. Io le cerco, le filtro e nei miei libri compongo il puzzle, svelando l'immagine che dimostra la verità oggettiva censurata da interessi economici ed ideologie vetuste e criminali. Rappresentare con verità storica, anche scomoda ai potenti di turno, la realtà contemporanea, rapportandola al passato e proiettandola al futuro. Per non reiterare vecchi errori. Perché la massa dimentica o non conosce. Denuncio i difetti e caldeggio i pregi italici. Perché non abbiamo orgoglio e dignità per migliorarci e perché non sappiamo apprezzare, tutelare e promuovere quello che abbiamo ereditato dai nostri avi. Insomma, siamo bravi a farci del male e qualcuno deve pur essere diverso!

Mbraining - Grant Soosalu 2012-04-25

The latest scientific research shows you have three brains! You have complex and fully functional brains in your heart, your gut and your head. In this groundbreaking book, you'll discover the latest neuroscience findings about your multiple brains (head, heart and gut brains) and what they have to offer for increasing intuitive abilities and for immediately generating wiser decision-making in your daily life. Providing you with numerous practical and easy to learn methods, this book shows how to communicate with and tap into the innate intelligence of your multiple brains. mBraining coaches you in aligning your three brains to achieve greater wisdom, success and happiness in a world of massive change. Utilizing the powerful and practical methodologies of NLP, Cognitive Linguistics and Behavioral Modeling, the authors have synthesized a remarkably wide range of research findings into an integrated approach that is practical, potent, and immediate in its results. Now scientific knowledge is finally catching up with deep insights from esoteric and spiritual traditions informing us for thousands of years about these three powerful intelligences. This is not a popular science book, nor is it a typical self-help book. This is a book that both breaks new ground as well as complementing many other spiritual and self-development practises. In this book, you'll learn the process of 'mBraining' - the process of aligning and harnessing the power of your multiple brains. The suite of practical methods it provides is part of an amazing new field called 'mBIT' - multiple Brain Integration Techniques. This is a book that changes lives by giving you a real 'how'. Written in an easy to read and entertaining style, this is a highly accessible guide to understanding the scientific basis behind your gut intuitions, your heart-felt emotions, and your head-based creative powers. The lessons in this book can transform your relationship to yourself, to others, and to the world in which you live. If you are serious about your self-evolution, this book is a must read! Learn to use your multiple brains to do cool and amazing things in your life!

MANUAL OF THE WARRIOR OF LIGHT. - PAULO. COELHO 2022