



# Libera la mente dai conflitti interiori (Italian Edition)

*Maria Grazia Tumminello*

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La vita ci appare complicata, sovraccarica di vincoli e di impegni, ma spesso siamo noi stessi a renderla più complessa e pesante di quello che in realtà sarebbe. Possiamo vivere in modo più sereno e realizzare tutte le nostre potenzialità se ci liberiamo dai “freni” che ci bloccano: i pensieri continui, le definizioni, i ruoli, i falsi obiettivi e le aspettative infondate. Nel libro presentiamo una guida pratica per “ripulire la mente” da luoghi comuni, automatismi psichici e blocchi emotivi, riattivando le nostre capacità profonde. Troverete molti consigli per “alleggerire” dai pesi inutili la vostra giornata, sciogliere i legami dannosi con gli altri, vivere meglio la propria vita affettiva, comunicare in maniera più chiara ed essere se stessi sul posto di lavoro.

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