



La medicina dell'ottimismo. Pensare bene per stare bene.

By Pizzocco, Toni

Edizioni Mediterranee, 2009. Book Condition: new. Roma, 2009; br., pp. 161, ill., cm 17x24. (L'altra medicina). "La causa di quasi tutti i problemi riguardanti la nostra salute ha un comune denominatore che può avere diversi nomi: pensiero, mente, cervello, stato d'animo, idea, ragione, sentimento, anima e così via. Ma 'l'organo del pensiero', purtroppo, non ha fino a oggi un nome e un'identità precisa. Perché? È proprio necessario che tutto ciò che gira intorno al cervello umano resti così misterioso e metafisico? Io credo che si dovrebbe almeno intraprendere un tentativo per cercare di analizzare e di decifrare questa inesplorata e irraggiungibile entità, che tanta importanza riveste nella nostra vita, Per questa ragione mi permetto, insieme a te, caro lettore, di affrontare il problema del nostro 'pensare', di come esso si sviluppi in me e in te, di come possiamo comandare i pensieri e come i pensieri comandino noi, come per uno stato d'animo i nostri occhi possano splendere di gioia o riempirsi di lacrime di tristezza, come una forza interiore ci dia l'energia per vivere e nello stesso tempo ce la possa far mancare, come una semplice idea ci regali sonni tranquilli o ci rubi notti intere, come uno stato...



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