

Meccanica Zanichelli

We Cannot Escape from OurselvesP.E.C.c. Le Regole Nascoste della Vita® - Non si sfugge a Sé Stessi - Terza edizione Aggiornata Francesco Peraro-Pireddu Francesco Peraro-Pireddu
We Cannot Escape from Ourselves P.E.C.c. Le Regole Nascoste della Vita® - Non si sfugge a Sé Stessi - Terza edizione Aggiornata *Francesco Peraro-Pireddu Francesco Peraro-Pireddu*

what drives a person to pursue perfection to submit to the will of others or to follow a road already marked out that leads straight to failure it is the hidden rules that we have generated since pregnancy and that now condition our existence without us realising it the p e c c le regole nascoste della vita the hidden rules of life method explains how these rules influence our current choices and relationships through the stories of the protagonists the author leads us to understand the deeper meaning of one s actions their origin and how to change them in order to realise ourselves fully the hidden rules emerge already during gestation when we are programmed to adapt to the environment that awaits us after birth if not updated these rules can lead to a life of deprivation dependence on others and failure with no escape from ourselves the author teaches how to recognise and replace them in order to live as creators of one s own existence a journey of discovery that leads to new perspectives on ourselves others and the world

la terza edizione aggiornata di non si sfugge a sé stessi cartacea ed ebook porta importanti cambiamenti tutti i capitoli sono stati migliorati e alcuni riscritti e ampliati cosa spinge una persona a inseguire la perfezione sottostare alla volontà altrui o percorrere una strada già tracciata che porta dritti al fallimento sono le regole nascoste che abbiamo generato fin dalla gravidanza e che ora condizionano la nostra esistenza senza che ce ne rendiamo conto il metodo p e c c le regole nascoste della vita spiega come queste regole influiscano sulle nostre scelte e relazioni attuali attraverso le storie dei protagonisti l autore ci porta a comprendere il significato profondo delle proprie azioni la loro origine e come modificarle per realizzare pienamente se stessi le regole nascoste emergono già durante la gestazione quando siamo programmati per adattarci all ambiente che ci attende dopo la nascita se non vengono aggiornate queste regole possono portare a una vita di privazioni dipendenza dagli altri e fallimenti con non si sfugge a sé stessi l autore insegna a riconoscerle e sostituirle per vivere come creatori della propria esistenza un viaggio di scoperta che porta a nuove prospettive su se stessi gli altri e il mondo

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