



A passo d'asino (Italian Edition)

Damiano Biscossi

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Dopo anni passati a correre e viaggiare da una parte all'altra del mondo, perennemente in cerca di nuove sfide, un giovane manager di una multinazionale decide di fermare tutto e cambiare vita, per guardare finalmente dentro di sé. Riscopre allora la bellezza della natura e il piacere della lentezza, in un percorso di consapevolezza che si realizza soprattutto attraverso il rapporto con gli animali, in particolare con l'asino: l'attività di mediazione con l'asino (onoattività) diventa dunque il viatico per una più autentica conoscenza interiore, e permette di riscoprire fisicità ed emozioni, superando quei blocchi che impediscono di entrare in contatto con la sfera più profonda e più vera del proprio essere. Un libro dedicato a genitori e insegnanti, perché possano arricchire la loro relazione con i propri figli o alunni; ma anche a psicologi, educatori, medici che vi possono trovare spunti interessanti per impostare un rapporto diverso con il paziente e un nuovo approccio alla malattia e al disagio; in generale, un libro dedicato a chiunque senta il bisogno di mettersi in discussione, con alcuni suggerimenti su come iniziare a prendersi cura di sé.

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