



L'altra faccia del dolore: educare la mente per eliminare il dolore (Italian Edition)

Chiara Tedeschi

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Questo lavoro nasce da una lunga ricerca personale rivolta a comprendere le cause della malattia e del dolore.

Ho sofferto per anni di varie malattie psicosomatiche, tra cui il mal di schiena, e ne sono guarita solo quando ho imparato ad essere gentile con me stessa e ad accettarmi come sono.

Lo studio intrapreso unito ad un percorso di crescita personale mi ha, infatti, portato alla conclusione che le malattie, e a volte anche quelle più gravi, rappresentano le risposte del nostro organismo agli stress, ai conflitti psicologici e ad uno scorretto stile di vita, eventi che ne pregiudicano l'armonia e la salute. Pertanto possiamo considerare il malessere fisico non solo un campanello di allarme ma anche un alleato importante che ci aiuta a riscoprire noi stessi e a trovare un equilibrio nuovo, fonte di serenità e benessere.

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