



Manuale di Scrittura Autocreativa® (Italian Edition)

Gabriele Zen

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Un percorso di crescita personale tramite la Scrittura Autocreativa®, modello di scrittura terapeutica che interviene sui temi conflittuali della persona, andandone a sbloccare le criticità che questa incontra quotidianamente e nelle relazioni interpersonali.

Ti trovi sempre nelle stesse situazioni, incontri spesso persone con le solite caratteristiche e ti chiedi il perché di questa stagnazione, perché non sei capace di modificare la tua vita?

Questo lavoro si rivolge alle persone che sentono di dover cercare qualcosa di nuovo per poter evolvere e migliorare; cambiare qualcosa nella loro vita, per non continuare a provare disagio, insoddisfazione, frustrazione.

Questo manuale ti aiuterà a intraprendere un percorso di crescita personale tramite lo strumento della scrittura, per poter trovare le risposte alle tue domande e imboccare la via per il cambiamento.



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