



Fare acrobazia si può (Italian Edition)

Marco Biffani

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Leggere questo saggio è come rispecchiarsi in esperienze che ci toccano tutti. Chi più, chi meno, ci siamo passati in tanti attraverso quegli stadi che cominciano con la difficoltà di addormentarsi e con un crescente nervosismo dovuti allo stress. A causa del superlavoro, di situazioni esistenziali oppure critiche in famiglia, o per innumerevoli altri motivi, che portano alle cattive abitudini, alle fobie. Che conducono anche al fumo ed alla fame.

Si rischia talora di cadere in depressione!

Marco Biffani, autore di manuali tecnici, ma anche di saggi su temi avventurosi, sportivi, artistici, di poesia ed altro ancora, sia in cartaceo, sia in ebook, non è né un medico, né uno Psicologo, ma da ex imprenditore, le ha provate tutte e racconta in modo comprensibile e ironico, come, anziché subirle, si è ribellato e, interpretando a modo suo le tecniche di Jacobsen, Shultz e Pavlov, suggerisce piccoli accorgimenti naturali, che ritiene possano essere utili testimonianze per liberarsene, senza l'uso di tranquillanti e sonniferi.

Un eminente, famoso cattedratico in Psicologia e Psichiatria lo ha gratificato della sua Prefazione.

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