



La vergogna (Farsi un'idea) (Italian Edition)

Luigi Anolli

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È un'esperienza che tutti abbiamo provato: fondamento delle relazioni interpersonali, garanzia del limite, è altresì l'emozione più penosa e bruciante, tossica e annichilente. Questo libro, giunto alla terza edizione, illustra che cos'è, come nasce, come si manifesta e come si sviluppa la vergogna; ne coglie le somiglianze e le specificità rispetto ad altre emozioni, come la colpa e l'imbarazzo, e ne ripercorre il ruolo in culture diverse. Ma la vergogna si può superare conoscendo a fondo se stessi. In questo può aiutarci il test Tosca che consente di valutare la nostra predisposizione alla vergogna e di innestare su tale consapevolezza efficaci strategie cognitive e affettive per farvi fronte.

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