



# Come ho sconfitto l'ansia con l'aiuto della visualizzazione creativa (Italian Edition)

*Sabrina Quattrini*

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Disagio, scarsa autostima, paura delle relazioni... In una società in cui il proprio valore viene stabilito sulla base dei consensi ricevuti, e dove per stare al passo con gli altri è necessario rincorrere canoni di bellezza e modelli comportamentali imposti dal sistema, si assiste al dilagare di un fenomeno allarmante: la perdita del contatto con se stessi e della propria individualità. Ansia, panico, fobie sociali e depressione sono solo alcune delle conseguenze di questo fenomeno. Questo manuale spiega, attraverso un linguaggio semplice, chiari esempi dimostrativi ed un itinerario di esercizi pratici, come ritrovare il contatto con se stessi, imparare ad amarsi e liberarsi in modo definitivo dai disturbi di ansia e attacchi di panico, ritrovando pian piano il proprio equilibrio psico-fisico ottimale.

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