

Psicosoluzioni Risolvere Rapidamente Complicati Problemi Umani

Come parla un terapeuta. La ristrutturazione strategica Psicosoluzioni Apologia di un matematico L'industria Bibliografia elettrotecnica 1935-1944. 2 v Elementi di biometria applicati alle scienze forestali Psicosoluzioni L'Italia vittoriosa e le terre redenti Il Policlinico Il policlinico. Sezione medica Bollettino delle cliniche pubblicazione settimanale Il policlinico. Sezione pratica periodico di medicina, chirurgia e igiene La società per azioni rivista pratica quindicinale Il monitore tecnico giornale d'architettura, d'Ingegneria civile ed industriale, d'edilizia ed arti affini Politica del diritto La settimana medica de Lo sperimentale organo dell'Accademia medico-fisica fiorentina La scuola positiva rivista di diritto e procedura penale Rivista popolare di politica, lettere e scienze sociali La Riforma medica *Bernardo Paoli Giorgio Nardone Godfrey Hardy Palmiro Togliatti Gustavo Barbensi Giorgio Nardone Giovanni Bonacci*

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i disturbi psichici e comportamentali spesso difficili da debellare possono rendere la vita insopportabile questo non significa che patologie complesse e di lunga durata come manie paranoie disordini alimentari fobie ossessioni richiedano terapie altrettanto sofferte e prolungate con lo stile chiaro accessibile e di piacevole lettura

che contraddistingue tutti i suoi libri e il suo stile divulgativo lo psicologo e psicoterapeuta giorgio nardone ci mostra come serie difficoltà psicologiche possano trovare rapidamente rimedio grazie a terapie basate su interventi strategici mirati ripercorrendo i successi raggiunti nella cura dei propri pazienti nardone ci accompagna a conoscere gli strumenti della terapia strategica un intervento terapeutico breve e focale la forma più evoluta e suggestiva di applicazione ai problemi umani del modello di problem solving strategico della scuola di palo alto attraverso una serie di storie terapeutiche apparentemente magiche scopriamo quali sono alcune delle origini delle più comuni fobie dall ossessione del pulito alla paura di uscire da soli di tante paranoie come l ansia persecutoria di alcuni disturbi dell alimentazione delle varie forme di depressione e crisi di coppia un viaggio istruttivo e sorprendente alla scoperta dell arte di risolvere problemi che ci sembrano insormontabili e sofferenze profonde mediante soluzioni apparentemente semplici ma efficaci radicali e durature nel tempo

un grande matematico del nostro secolo scrive una dichiarazione d amore per la disciplina a cui ha dedicato la vita libro di culto per tutti i matematici l apologia è intessuta di humour logica e malinconia anche quando l autore sembra conversare di cricket o di scacchi della giovinezza o della vecchiaia o quando racconta un teorema il lettore viene sempre reso magicamente partecipe dell intimo piacere che solo la creazione può dare

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