



Lo stress (Farsi un'idea) (Italian Edition)

Mario Farnè

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Viviamo in un mondo che corre sempre più in fretta e ci impone obiettivi sempre più impegnativi. Da più parti veniamo sollecitati a tenere lo stress sotto controllo e magari a saperne vedere i lati positivi. Ma per arrivare a questo, dobbiamo avere le idee chiare su cosa sia in realtà lo stress, sbarazzando il campo da molti pregiudizi. È quello che intende fare questo libro, aiutandoci a distinguere lo stress dal mero nervosismo e dalla fatica mentale, e a cogliere anche gli aspetti rigeneranti di un'attività intensa, ma desiderata. Ognuno reagisce in modo personalizzato alle situazioni stressanti e deve quindi saper prestare attenzione ai propri campanelli d'allarme, individuando, soprattutto, le strategie più efficaci per scaricare le tensioni e rilassarsi.

Le figure del libro sono realizzate da Matteo Farnè

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