



## Help Your Mind to Change (Italian Edition)

*Rosa Ucci*

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## **Help Your Mind to Change (Italian Edition)** Rosa Ucci

I cambiamenti socioculturali rapidi e cospicui hanno sempre un forte impatto nella vita umana ed una influenza significativa sulla salute mentale... Il sistema culturale introiettato nei primi anni di vita tende a non modificarsi. E' il nucleo centrale della psicologia L'autrice tiene una serie di conversazioni con persone non piu' giovani, ma non rassegnate ad uscire di scena, con le quali esplora le attuali trasformazioni nella societa' nella ricerca di quelle capacita' necessarie per affrontare le nuove sfide, le diverse circostanze e convivenze del mondo contemporaneo. Attraverso un dibattito ricco di interrogativi, a volte anche inquietanti e risposte sorprendenti si creano le premesse per capire meglio noi stessi ed il mondo che ci circonda, anche se ci appare cosi' diverso. Il ciclone informatico ci disorienta ma ci prospetta anche una vite secondo ritmi e condizioni dettate dalle scelte autonome della persona, con la possibilita' d'espressione del potenziale creativo che esiste in ciascuno di noi.

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