



Mi ha lasciato? Ringrazio e ne profitto (Italian Edition)

Matteo Gelpi

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Questo libro è nato da un'esperienza che ha portato l'autore, Matteo Gelpi, a cercare una "cura" alle sofferenze date da rapporti sentimentali finiti. L'argomento è talmente vasto che trattarlo in toto sarebbe stato impossibile quindi si è preferito partire subito da quella che idealmente pare essere la soluzione migliore per diluire la sofferenza: la novità. Il libro propone dei percorsi da compiere per cambiare se stessi, iniziare ad accettarsi e usare le proprie potenzialità per migliorarsi. L'autore, che al contempo è laureato in giurisprudenza e artista affermato nel panorama musicale giovanile notturno ha avuto modo di studiare svariati casi di delusioni sentimentali e in ognuno di essi ha individuato dei comuni denominatori. Il punto focale dell'opera si concentra sul "riprendere in mano" la propria vita quando questa sempre arrivata a un punto di determinata solitudine. Tutti possono affrontare la crisi e tutti possono superarla. Anche tu.

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