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Franco Nanetti



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La manipolazione è un abuso emotivo che può distruggere la nostra vita. Come riconoscere, smascherare, affrontare e, se fosse necessario, liberarsi di quei tiranni o ladri di energia che - affascinanti o noiosi, seducenti o apatici, compiacenti o aggressivi - sgretolano le nostre sicurezze e ci conducono a fare le scelte sbagliate? Come imparare a trovare adeguati compromessi che non danneggino la nostra esistenza? Come superare le paure che ci rendono dipendenti e troppo accondiscendenti? Un "piccolo" manuale con riflessioni, esercizi pratici ed esempi, per imparare ad affrancarci dalle cattive compagnie e dare nuovo vigore a relazioni autentiche, in cui possiamo riprendere il diritto di gioire, decidere, agire: vivere.

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