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**KEY=SENSIBILI - ASHTYN JEFFERSON**

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## Le persone sensibili hanno una marcia in più. Trasformare l'ipersensibilità da svantaggio a vantaggio

### Le persone sensibili hanno una marcia in più

*Urra* “In questo libro non mi limiterò a descrivere la natura degli ipersensibili e gli svariati problemi collegati alla loro condizione, né intendo trasmettervi semplicemente un po’ più di autostima. Quello che ritengo più importante è capire come mai alcuni ipersensibili vivono felici [...]. Cos’è successo invece ai meno fortunati che soffrono della loro condizione? In che modo si costruiscono quella situazione? E come si può sentire, pensare, comunicare e gestire la propria energia in modo diverso, così che il dono della sensibilità estremamente sviluppata sia percepito come un vantaggio? Perché farlo è possibile, anche per voi!”La predisposizione innata a percepire gli stimoli esterni, fisici e psicologici, in modo più differenziato e intenso rispetto agli altri è un dono, ma di frequente è vissuto con disagio. Molti soffrono per questo: sono più vulnerabili, più soggetti allo stress e spesso più insicuri.Questo libro aiuta finalmente gli ipersensibili a capire il motivo del loro “sentirsi diversi” e a porvi rimedio, liberando tutto il potenziale di questa straordinaria condizione.Inoltre, poiché circa una persona su cinque è ipersensibile, ma spesso né lei né chi le sta vicino ne è consapevole ed imputa ad altro la causa di situazioni problematiche, completano il libro due test per “valutare” la vostra sensibilità.Test: Siete ipersensibili?Test: Il vostro bambino è ipersensibile?

### I bambini sensibili hanno una marcia in più

## Comprenderli, rassicurarli e prepararli a una vita felice

*Feltrinelli Editore* I bambini ipersensibili vivono il mondo in maniera più differenziata e al tempo stesso più intensa rispetto agli altri. Manifestano questa loro particolare sensibilità in modi diversi: taluni sono timidi e timorosi, particolarmente empatici, altri sono nervosi e aggressivi perché non riescono a ben sopportare l’eccesso di stimoli, fisici e non, che percepiscono dall’ambiente esterno e dagli altri. Questa loro natura così particolare li porta ad aver bisogno di aiuto per farsi rispettare e accettare. Rolf Sellin, rinomato esperto di ipersensibilità, con il suo particolare approccio alla tematica ha già aiutato migliaia di persone. Ora spiega a genitori, educatori e insegnanti come andare incontro agli specifici bisogni di bambini dotati di un’intensa sensibilità. Da una parte si tratta di fornire loro sicurezza, dall’altra anche di spronarli; tuttavia non è facile farlo nel modo giusto. Un capitolo extra fornisce a tutti i genitori, gli educatori e gli insegnanti, non di rado anch’essi ipersensibili, preziosi consigli da utilizzare per sé.

### Le persone sensibili hanno una marcia in più

## Trasformare l'ipersensibilità da svantaggio a vantaggio

*Feltrinelli Editore* La predisposizione innata a percepire gli stimoli in modo più differenziato e intenso rispetto alla media è spesso un vantaggio, ma di frequente è vissuta con disagio. Anche perché non sempre questo dono viene apprezzato dagli altri: “Devi sempre essere così emotivo?”. Molti soffrono per questo loro aspetto caratteriale: sono più vulnerabili, più soggetti allo stress e spesso insicuri. L’autore vuole aiutare gli ipersensibili a capire la ragione del loro “sentirsi diversi”. Invita e guida i lettori verso l’adozione di un nuovo atteggiamento che permetta loro di contenere gli effetti più negativi dell’ipersensibilità, insegna a smettere di acconsentire a richieste eccessive o di risentire dei troppi stimoli esterni, imparando a porre confini più netti tra sé e il mondo. Permette di valorizzare la propria capacità empatica, senza esserne sopraffatti. E lo fa mettendo a punto una serie di consigli, esercizi e test per riappropriarsi della sensibilità perduta, imparando a dire “no”, in modo tale che l’ipersensibilità possa tornare a essere quello che realmente è: un’incomparabile risorsa interiore. Un vero e proprio manuale per trasformare emotività e sensibilità, spesso vissute come debolezze, nella nostra arma migliore.

### I bambini sensibili hanno una marcia in più

## Comprenderli, rassicurarli e prepararli a una vita felice

*Feltrinelli Editore* “L’ipersensibilità non è una malattia, una carenza o un difetto. È un elemento distintivo e, più propriamente, un talento” I bambini ipersensibili vivono il mondo e il tempo in modo più intenso rispetto agli altri. Taluni sono timidi e timorosi, particolarmente empatici, altri sono nervosi e aggressivi perché non riescono a gestire l’eccesso di stimoli, fisici e non, provenienti dall’ambiente esterno e dagli altri. Questa loro natura così particolare li porta ad aver bisogno di aiuto per farsi rispettare e accettare. Rolf Sellin, rinomato esperto di ipersensibilità, con il suo particolare approccio alla tematica ha già aiutato migliaia di persone. In questo libro spiega a genitori, educatori e insegnanti come andare incontro agli specifici bisogni di bambini dotati di un’intensa sensibilità. Da una parte si tratta di fornire loro sicurezza, dall’altra anche di spronarli; tuttavia non è facile farlo nel modo giusto. Un capitolo extra fornisce a tutti i genitori, gli educatori e gli insegnanti, non di rado anch’essi ipersensibili, preziosi consigli da utilizzare anche su di sé.

## The Opposite of Worry

### The Playful Parenting Approach to Childhood Anxieties and Fears

*Ballantine Books* “The most helpful book on childhood anxiety I have ever read.”—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's “security system”: alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and “white-knuckling” through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* “The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions.”—New England Psychologist “Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen's main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games.”—Publishers Weekly “Here's the help parents of anxious children have been looking for! Dr. Cohen's genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children's confidence. While reading, I found myself thinking, ‘I'd like to try that for myself!’”—Patty Wipfler, founder and program director, Hand in Hand Parenting “If you want to understand your child's anxiety—and your own parental worries—you must read Larry Cohen's brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.”—Michael Thompson, Ph.D. “The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child.”—Aletha Solter, Ph.D., founder, *Aware Parenting*, and author of *Attachment Play*

## Le persone sensibili sanno dire no

### Affrontare le esigenze degli altri senza dimenticare se stessi

*Feltrinelli Editore* “Era da tempo che non sottolineavo un libro con tanta foga” Chiara Gamberale Vi è difficile ritagliarvi del tempo per voi? Vi sentite invasi? Dopo il grande successo di *Le persone sensibili* hanno una marcia in più, Rolf Sellin offre una nuova guida indispensabile, con consigli concreti, per ridisegnare i propri confini e perché l'attenzione verso gli altri e la tendenza ad assecondarli non si trasformi in una gabbia che impedisca di rispettare se stessi. È facile dire o sentirsi dire: “Stabilisci dei limiti!”, ma farlo non lo è affatto, soprattutto se si è persone sensibili e attente ai bisogni degli altri. Rolf Sellin spiega finalmente le ragioni per cui spesso non riusciamo a riconoscere i nostri limiti e a fissare giusti confini nella pratica: farlo, infatti, non è solo questione di volontà. Richiede allenamento! E una convinzione: “Buone recinzioni fanno buoni vicini”. Sellin propone metodi concreti e di comprovata efficacia, a livello mentale, comunicativo, fisico e soprattutto energetico, che aiutano a sviluppare la nostra capacità di autodeterminazione senza sensi di colpa. Perché rispettare i nostri limiti e saper dire no serve a noi, ma spesso anche agli altri.

## What Hell Is Not

*Simon and Schuster* The school year is finished, exams are over and summer stretches before seventeen-year-old Federico, full of promise and opportunity. But then he accepts a request from one of his teachers to help out at a youth club in the destitute Sicilian neighbourhood of Braccaccio. This narrow tangle of alleyways is controlled by local mafia thugs, but it is also the home of children like Francesco, Maria, Dario, Totò: children with none of Federico's privileges, but with a strength and vitality that changes his life forever. Written in intensely passionate and lyrical prose, *What Hell Is Not* is the phenomenal Italian bestseller about a man who brought light to one of the darkest corners of Sicily, and who refused to give up on the future of its children.

## The Origin of the Red Cross

### "Un Souvenir de Solferino,"

## The Highly Sensitive Child

### Helping Our Children Thrive When the World Overwhelms Them

*Harmony* The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the trait of “high sensitivity” in children—and offers a breakthrough parenting guidebook for highly sensitive children and their caregivers. With the publication of *The Highly Sensitive Person*, Elaine Aron became the first person to identify the inborn trait of “high sensitivity” and to show how it affects the lives of those who possess it. Up to 20 percent of the population is born highly sensitive, and now in *The Highly Sensitive Child*, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up. Rooted in Aron's years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or “fussy,” or classified as “problem children” (and in some cases, misdiagnosed with disorders such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no more prone to these problems than nonsensitive children and can grow up to be happy, healthy, well-adjusted adults. In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on: • The challenges of raising an highly sensitive child • The four keys to successfully parenting an HSC • How to soothe highly sensitive infants • Helping sensitive children survive in a not-so-sensitive world • Making school and friendships enjoyable With chapters addressing the needs of specific age groups, from newborns through teens, *The Highly Sensitive Child* delivers warmhearted, timely information for parents, teachers, and the sensitive children in their lives.

## The Crowd

### A Study of the Popular Mind

### Discourse on the State of the Jews

### Bilingual Edition

*Walter de Gruyter GmbH & Co KG* In 1638, a small book of no more than 92 pages in octavo was published “*appresso Gioanne Calleoni*” under the title “*Discourse on the State of the Jews and in particular those dwelling in the illustrious city of Venice.*” It was dedicated to the Doge of Venice and his counsellors, who are labelled “*lovers of Truth.*” The author of the book was a certain Simone (Simḥa) Luzzatto, a native of Venice, where he lived and died, serving as rabbi for over fifty years during the course of the seventeenth century. Luzzatto’s political thesis is simple and, at the same time, temerarious, if not revolutionary: Venice can put an end to its political decline, he argues, by offering the Jews a monopoly on overseas commercial activity. This plan is highly recommendable because the Jews are “*wellsuited for trade,*” much more so than others (such as “*foreigners,*” for example). The rabbi opens his argument by recalling that trade and usury are the only occupations permitted to Jews. Within the confines of their historical situation, the Venetian Jews became particularly skilled at trade with partners from the Eastern Mediterranean countries. Luzzatto’s argument is that this talent could be put at the service of the Venetian government in order to maintain - or, more accurately, recover - its political importance as an intermediary between East and West. He was the first to define the role of the Jews on the basis of their economic and social functions, disregarding the classic categorisation of Judaism’s alleged privileged religious status in world history. Nonetheless, going beyond the socio-economic arguments of the book, it is essential to point out Luzzatto’s resort to sceptical strategies in order to plead in defence of the Venetian Jews. It is precisely his philosophical and political scepticism that makes Luzzatto’s texts so unique. This edition aims to grant access to his works and thought to English-speaking readers and scholars. By approaching his texts from this point of view, the editors hope to open a new path in research into Jewish culture and philosophy that will enable other scholars to develop new directions and new perspectives, stressing the interpenetration between Jews and the surrounding Christian and secular cultures.

## The Miracle

### Six Steps to Enlightenment

If you ever felt like the world is out to get you, or that you just can't seem to get things right, then this book by bestselling author Dr. Joe Vitale may have reached you at just the right time. The Miracle-Six Steps to Enlightenment will help you to: Discover and eliminate the unconscious barriers standing between you and your desires Learn how to focus your thoughts, energies, and actions to zap the zig zags in your path to achieving your goals Apply new methods for filling your journey with more success, joy, and gratitude than you previously imagined Enjoy experiential fun learning on your path to transformation Awaken to the miracle that is you right now This book provides guidance, meditations, exercises, resources, stories, and so much more. You have only to choose which process resonates with you given your particular circumstances, and you can be on your way to living the miracle that is now-The Miracle that is you. PRAISE FOR The Miracle In The Miracle, Joe helps us unearth the cause behind our deepest unconscious beliefs and shows us how to transform them.... He helps us create and live miracles every day. - Susan Shumsky, D.D.; Award-winning, best-selling author Even if you have heard the concepts before, Joe has a way of presenting them in new, understandable ways. You are going to love this book. - Dee Wallace; Actress, author, and healer”

## Mathematical Lives

### Protagonists of the Twentieth Century From Hilbert to Wiles

*Springer Science & Business Media* Steps forward in mathematics often reverberate in other scientific disciplines, and give rise to innovative conceptual developments or find surprising technological applications. This volume brings to the forefront some of the proponents of the mathematics of the twentieth century, who have put at our disposal new and powerful instruments for investigating the reality around us. The portraits present people who have impressive charisma and wide-ranging cultural interests, who are passionate about defending the importance of their own research, are sensitive to beauty, and attentive to the social and political problems of their times. What we have sought to document is mathematics’ central position in the culture of our day. Space has been made not only for the great mathematicians but also for literary texts, including contributions by two apparent interlopers, Robert Musil and Raymond Queneau, for whom mathematical concepts represented a valuable tool for resolving the struggle between ‘soul and precision.’

## Breaking Dawn

*Little, Brown Books for Young Readers* In the explosive finale to the epic romantic saga, Bella has one final choice to make. Should she stay mortal and strengthen her connection to the werewolves, or leave it all behind to become a vampire? When you loved the one who was killing you, it left you no options. How could you run, how could you fight, when doing so would hurt that beloved one? If your life was all you had to give, how could you not give it? If it was someone you truly loved? To be irrevocably in love with a vampire is both fantasy and nightmare woven into a dangerously heightened reality for Bella Swan. Pulled in one direction by her intense passion for Edward Cullen, and in another by her profound connection to werewolf Jacob Black, a tumultuous year of temptation, loss, and strife have led her to the ultimate turning point. Her imminent choice to either join the dark but seductive world of immortals or to pursue a fully human life has become the thread from which the fates of two tribes hangs. This astonishing, breathlessly anticipated conclusion to the Twilight Saga illuminates the secrets and mysteries of this spellbinding romantic epic. It's here! #1 bestselling author Stephenie Meyer makes a triumphant return to the world of Twilight with the highly anticipated companion, *Midnight Sun*: the iconic love story of Bella and Edward told from the vampire's point of view. "People do not want to just read Meyer's books; they want to climb inside them and live there." -- Time "A literary phenomenon." -- The New York Times

## If On A Winter's Night A Traveler

*HarperCollins* These seemingly disparate characters gradually realize their connections to each other just as they realize that something is not quite right about their world. And it seems as though the answers might lie with Hawthorne Abendsen, a mysterious and reclusive author whose bestselling novel describes a world in which the US won the War... The Man in the High Castle is Dick at his best, giving readers a harrowing vision of the world that almost was. “The single most resonant and carefully imagined book of Dick’s career.” —New York Times



## Survival In Auschwitz

*Simon and Schuster* The author describes his twenty month ordeal in the Nazi death camp.

## The Art of Reading Minds

## How to Understand and Influence Others Without Them Noticing

*St. Martin's Essentials* The internationally bestselling guide to "mind-reading" by influencing those around you via non-verbal communication, from human psychology expert Henrik Fexeus. How would you like to know what the people around you are thinking? Do you want to network like a pro, persuade your boss to give you that promotion, and finally become the life of every party? Now, with Henrik Fexeus's expertise, you can. The Art of Reading Minds teaches you everything you need to know in order to become an expert at mind-reading. Using psychology-based skills such as non-verbal communication, reading body language, and using psychological influence, Fexeus explains how readers can find out what another person thinks and feels- and consequently control that person's thoughts and beliefs. Short, snappy chapters cover subjects such as contradictory signs and what they mean, how people flirt without even knowing it, benevolent methods of suggestion and undetectable influence, how to plant and trigger emotional states, and how to perform impressive mind-reading party tricks. Fexeus gives readers practical (and often fun) examples of how to effectively mind-read others and use this information, benevolently, both in personal and professional settings.

## The Temptation to Be Happy

*Simon and Schuster* 'Sad, funny, wise and unblinkingly honest, this is truly wonderful.' Daily Mail 'I like the smell of pines and the aroma of freshly washed laundry. I like the rattle of hail on windowpanes and the texture of volcanic rock. I like the light in the sky when the sun has gone down.' Cesare is an unlikely hero. As he says himself, 'I am seventy-seven years old, and for seventy-two years and one hundred and eleven days I threw my life down the toilet...' Is it too late for him to rediscover his passion for love and life? Already an international bestseller, The Temptation to Be Happy is a coming-of-age story like no other. 'Immensely charming... Uplifting and very much on the side of life.' Mail on Sunday

## The Elements of Horse Spirit

## The Magical Bond Between Humans and Horses

*Llewellyn Worldwide* Develop a Deep, Magical Bond with Humanity's Oldest Spirit Ally Harness the amazing spiritual power of horses with this brilliant book on bridging the physical world of horses with the metaphysical realm of Horse Spirit. You'll enhance your life by connecting to equine energy and forging a powerful bond with actual horses and spirit guides. Explore the myths and history of horses as well as the long-lived symbiotic relationship humans have with them. Discover practical horsemanship activities and advice, techniques for working with the four elements, and hands-on exercises to strengthen your energetic connection to horses. This groundbreaking book also helps you choose the best horse for you, both physically and spiritually, and live in harmony with him. Through heartwarming personal stories and well-researched insights, Debra DeAngelo reveals the incredible ways in which horses heal, ground, and teach you to be better in everything you do.

## Autobiography of Giuseppe Garibaldi

## Ikigai

## Discover Your Reason for Being

Embrace the Japanese concept of ikigai and discover a renewed sense of purpose. Be mindful of small pleasures each day to build a more enjoyable and fulfilling life. Keep mentally and physically active to ease the ageing process. The Japanese term ikigai has no direct English translation but essentially means 'reason for living' or 'value in life'. The concept posits that a person's ikigai lies at the intersection of four interconnected aspects of life: what we love, what we're good at, what the world needs and what we can be paid for. Ikigai, therefore, is the ideal balance between our passion, mission, vocation and profession. Ikigai is about making the most of every day, rooted in the belief that finding pleasure in many small things is the secret to a more rewarding life overall. While living in the here and now is key, the sense of purpose derived from pursuing ikigai bolsters our mental resilience to overcome setbacks and feel positive about the future. This concise, easily accessible book offers readers practical advice to identify what really motivates them to get up and go every morning and how seeking their personal ikigai can improve their daily lives. Each of the tenets of ikigai is explained and examined, illustrated by real-life examples of their application and inspiring photographs.

## Il dono delle persone sensibili

## Guida pratica per fare dell'ipersensibilità il nostro centro di equilibrio

*IL CASTELLO SRL* Le persone altamente sensibili hanno un dono. Un dono per se stesse, perché hanno caratteristiche fuori dal comune. E un dono per chi le circonda, perché sono portatrici di capacità cognitive e competenze emotive che arricchiscono anche gli altri. Certo, come avviene per ogni tesoro prezioso, questo tratto della personalità deve essere ben custodito e gestito con cura. Verificare la pressione delle emozioni, anticipare i propri limiti, valutare la presenza di pensieri energivori, misurare il bilanciamento tra corpo e mente, spazzare via i sensi di colpa e i giudizi su se stessi... Queste e molte altre pratiche di 'igiene del mondo interiore' sono proposte e illustrate al lettore nel dettaglio, con l'aiuto di esercizi e testimonianze. Per rendere l'ipersensibilità il centro del proprio equilibrio, imparare a non sentirla come una debolezza o un fardello, e finalmente vivere felici.

## The Life of Pythagoras

## The Luck Factor

### The Four Essential Principles

*Miramax Books* **Is luck just fate, or can you change it? A groundbreaking new scientific study of the phenomenon of luck and the ways we can bring good luck into our lives. What is luck? A psychic gift or a question of intelligence? And what is it that lucky people have that unlucky people lack? Psychologist Dr. Richard Wiseman put luck under a scientific microscope for the very first time, examining the different ways in which lucky and unlucky people think and behave. After three years of intensive interviews and experiments with over 400 volunteers, Wiseman arrived at an astonishing conclusion: Luck is something that can be learned. It is available to anyone willing to pay attention to the Four Essential Principles: . Creating Chance Opportunities . Thinking Lucky . Feeling Lucky . Denying Fate** Readers can determine their capacity for luck as well as learn to change their luck through helpful exercises that appear throughout the book. Illustrated with anecdotes from the lives of the famous such as Harry Truman and Warren Buffett, *The Luck Factor* also richly portrays the lives of ordinary people who have been extraordinarily lucky or unlucky. Finally Dr. Wiseman gives us a look into "The Luck School" where he instructs unlucky people and also teaches lucky people how to further enhance their luck. Smart, enlightening, fun to read, and easy to follow, *The Luck Factor* will give you revolutionary insight into the lucky mind and could, quite simply, change your life.

## Q

*Mariner Books* **With Europe convulsed in wars over religion, a young theology student finds himself siding with heretics and the disenfranchised while confronting an agent of the Vatican who is determined to hunt down and destroy enemies of the faith, in a meticulously rendered historical thriller set against the backdrop of the Reformation. Reprint.**

## Love, Medicine and Miracles

*Random House* **Drawing on his clinical experience Dr Bernie Siegel shows how, by reaching out to others, people can alleviate stress and release the body's healing mechanism. He shows that when apparently terminal patients take control of their illness they can change, enrich and sometimes prolong their lives.**

## Il tesoro dei bambini sensibili

### Conoscerlo, gestirlo, valorizzarlo

*Il Leone Verde* **I bambini altamente sensibili sono quelli che vivono in modo più profondo, empatico ed emotivo ciò che gli accade e che li circonda. Sono introspettivi, abili osservatori e tendono a essere più facilmente sovraccaricati dagli stimoli intensi; hanno spesso forti reazioni emotive e momenti di chiusura. Se accolti, ascoltati e valorizzati mostreranno aspetti notevolmente efficaci della loro sensibilità, come l'abilità di percepire le emozioni altrui e di farvi fronte, la capacità di trovare soluzioni creative ai problemi, e di entrare in sintonia con ambienti, animali e persone in modo molto profondo. Nella mia esperienza professionale - tra clinica, progetti nelle scuole e seminari sull'ipersensibilità - ad oggi ho incontrato molti adulti, molti genitori, e molti bambini che si sono riconosciuti in questa caratteristica e che grazie a questa consapevolezza sono riusciti a comprendere e gestire aspetti propri o del proprio figlio in modo completamente nuovo. Questo libro si rivolge primariamente a genitori e operatori, ha un taglio teorico ma soprattutto pratico, per riconoscere l'ipersensibilità nei bambini e valorizzarla nel modo migliore. Nel contempo potrà essere utile a ogni Persona Altamente Sensibile, per riconoscersi e rivedere la propria storia secondo una nuova prospettiva.**

## How Psychology Works

### The Facts Visually Explained

*Penguin* **How far would you go to obey orders? Why do many people - even some scientists - believe in miracles? Find out the answers to these questions and much more in this visual guide to applied psychology. Lying at the intersection of biology, philosophy, and medicine, psychology is at the heart of what makes us human. Perfect both for students and people new to the topic, *How Psychology Works* has a unique graphic approach and uses direct, jargon-free language. It explores various approaches that psychologists use to study how people think and behave, such as behaviorism, cognitive psychology, and humanism. This indispensable guide describes a wide range of mental health conditions, including bipolar disorder and obsessive-compulsive disorder. It then takes you through treatments, from cognitive behavioral therapy and psychoanalysis to group therapy and art therapy. This book also explores the role of psychology in everyday situations. Discover what makes you, you - the unique blend of nature and nurture that makes up your sense of who you are - and psychology's role in relationships, sport, work, and education. *How Psychology Works* is a fascinating read that will quickly hone your emotional intelligence and give you perceptive insights into both your own and other people's feelings and behavior.**

## The Language of the Body

### Physical Dynamics of Character Structure

*Simon and Schuster* **The Language of the Body, originally published as *Physical Dynamics of Character Structure*, brilliantly describes how personality is expressed in the form and function of the body. The body is the key to understanding behavior and working with the body is the key to psychological health. The Language of the Body outlines the foundations of character structure: schizoid, oral, masochistic, hysteric, and phallic narcissistic personality types. Dr. Lowen examines the relationship between psychoanalytic theory and body therapy.**

## Marco Made Easy

## A Three-Star Chef Makes It Simple

*George Weidenfeld & Nicholson* This book is all about creating beautiful and delicious food...without stress and without fuss. Marco Pierre White serves up more than 100 recipes and shows the home cook how to get big flavours from store-cupboard ingredients. The book has sections for starters, shellfish, fish, meat, poultry, desserts, and Marco uses bottles, jars and packets to make divine sauces, syrups and dressings. Olive oil, honey, mustard, soy sauce, vinegar, Hellmann's, Heinz and Knorr - they are all on the lists of ingredients here. And the three main ingredients of Marco Made Easy are: Simple, Fast and Fun. 'It'll take longer to wash the dishes,' he says, 'than it will to make them.' Tomato ketchup helps to make Salmon Ketchup; that bottle of Lea and Perrins brings life to the sauce for peppered steak; and beef casserole is transformed by a can (or two) of Guinness mixed with a carton of prune juice. Desserts, too, require little skill. Jamaican Mess, made with bananas, shop-bought custard and Carnation caramel sauce - is creamy, rich and sweet. Who could say no? Beautiful photographs of each stunning dish enable the reader to copy the master chef's presentation: you don't need to be an artist. As Marco says of this revolutionary cook book, 'It's for anyone who loves food but hates aggro.'

## Il mio migliore amico

*Lettere Animate Editore* Marco ha solamente undici anni e da qualche anno ha perso Samuele, il fratello maggiore, morto per un tragico incidente avvenuto in casa. Da quel momento la sua vita è stata stravolta. Il rapporto tra i genitori si è incrinato, non si amano più e rimangono insieme solamente per il suo bene. Sua madre è fredda, soffre di depressione, suo padre parla poco e rientra a casa sempre stanco dal lavoro. La sua vita cambia nuovamente quando sua madre viene assunta come cameriera in un ristorante del centro. I genitori decidono, nelle ore in cui sono impegnati a lavorare, di affidarlo al nonno paterno, con il quale i rapporti non sono idilliaci. L'anziano uomo si affeziona al nipote e, grazie anche alla passione per i libri che riuscirà a trasmettergli, tra i due nascerà una forte empatia, un rapporto sincero e intenso.

## The Hook

Gioia thought she had found the love of her life. But when her punk-rocker boyfriend suddenly dumps her, she's left glued to social media for clues about what he's up to. Devastated by what she finds, she takes solace in her ad agency job and throws herself into a project for an international record company. She struggles to make deadlines and finds herself once again at the mercy of the Internet. That's when sexy businessman Christian comes to her rescue. Christian is everything a girl could want: clever, charming, and handsome enough to appear in "Vogue." But Gioia can't help wondering if he has an ulterior motive. And when her ex-boyfriend reappears in her life, she begins to doubt everything. Will her heart lead her to the right decision? Or will she get caught in the hooks of these two charismatic men?"

## Mindfulness per genitori

## Suggerimenti ed esercizi per praticare la consapevolezza in famiglia

*Il Leone Verde* Essere un genitore consapevole è la chiave per vivere relazioni autentiche e appaganti con i propri figli. In questo libro, l'autrice vuole fornire un aiuto concreto a tutti i genitori che desiderano rafforzare questa consapevolezza, senza dedicare necessariamente tanto tempo alla meditazione: ogni occasione, infatti, è buona per praticare la mindfulness e sviluppare quell'atteggiamento che ci fa vivere il quotidiano con serenità, lucidità ed equilibrio. Uno strumento utile per affrontare tutte quelle situazioni che sembrano sfuggire al nostro controllo, come i capricci dei bambini piccoli, gli attriti con i figli più grandi, le difficili relazioni in famiglia, e ritrovare la pace e quello stato di grazia nel quale sentiamo di non avere bisogno di un motivo per essere felici. Un libro scorrevole e di facile lettura, che suggerisce esercizi da fare da soli o con i bambini, per godere appieno degli innumerevoli benefici che questa pratica riesce a dare.

## Year of Yes

## How to Dance It Out, Stand In the Sun and Be Your Own Person

*Simon and Schuster* The creator of "Grey's Anatomy" and "Scandal" details the one-year experiment with saying "yes" that transformed her life, revealing how accepting unexpected invitations she would have otherwise declined enabled powerful benefits.

## L'arte di camminare

## Per fare ordine nella propria vita

*Edizioni Terra Santa* Un vero percorso per cominciare a camminare con i piedi, la mente, l'anima, in armonia con la creazione, il tempo e la vita. Che cosa ci accade quando cominciamo a camminare un'ora al giorno nel verde di un parco, lungo un fiume o in un bosco? Inizia una vera e propria metamorfosi. Tutte le sfere del nostro essere sono coinvolte: corpo, mente e spirito. Camminare vuol dire alleggerirsi, uscire dalle dipendenze emotive, fare ordine nella propria vita per diventare più forti e consapevoli. Roberta Russo offre al lettore un vero percorso per cominciare a camminare con i piedi, la mente, l'anima, in armonia con la creazione, il tempo e la vita.

## The Summa Halensis

## Doctrines and Debates

*Walter de Gruyter GmbH & Co KG* For generations, early Franciscan thought has been widely regarded as unoriginal: a mere attempt to systematize the longstanding intellectual tradition of Augustine in the face of the rising popularity of Aristotle. This volume brings together leading scholars in the field to undertake a major study of the major doctrines and debates of the so-called Summa Halensis (1236-45), which was collaboratively authored by the founding members of the Franciscan school at Paris, above all, Alexander of Hales, and John of La Rochelle, in an effort to lay down the Franciscan intellectual tradition for the first time. The contributions will highlight that this tradition, far from unoriginal, laid the groundwork for later Franciscan thought, which is often regarded as formative for modern thought. Furthermore, the volume shows the role this Summa played in the development of the burgeoning field of systematic theology, which has its origins in the young university of Paris. This is a crucial and groundbreaking study for those with interests in the history of western thought and theology specifically.

## Wild Nights

### How Taming Sleep Created Our Restless World

*Basic Books* Why the modern world forgot how to sleep Why is sleep frustrating for so many people? Why do we spend so much time and money managing and medicating it, and training ourselves and our children to do it correctly? In *Wild Nights*, Benjamin Reiss finds answers in sleep's hidden history--one that leads to our present, sleep-obsessed society, its tacitly accepted rules, and their troubling consequences. Today we define a good night's sleep very narrowly: eight hours in one shot, sealed off in private bedrooms, children apart from parents. But for most of human history, practically no one slept this way. Tracing sleep's transformation since the dawn of the industrial age, Reiss weaves together insights from literature, social and medical history, and cutting-edge science to show how and why we have tried and failed to tame sleep. In lyrical prose, he leads readers from bedrooms and laboratories to factories and battlefields to Henry David Thoreau's famous cabin at Walden Pond, telling the stories of troubled sleepers, hibernating peasants, sleepwalking preachers, cave-dwelling sleep researchers, slaves who led nighttime uprisings, rebellious workers, spectacularly frazzled parents, and utopian dreamers. We are hardly the first people, Reiss makes clear, to chafe against our modern rules for sleeping. A stirring testament to sleep's diversity, *Wild Nights* offers a profound reminder that in the vulnerability of slumber we can find our shared humanity. By peeling back the covers of history, Reiss recaptures sleep's mystery and grandeur and offers hope to weary readers: as sleep was transformed once before, so too can it change today.

### Brain Training for the Highly Sensitive Person

### Techniques to Reduce Anxiety and Overwhelming Emotions: an 8-week Program

*Createspace Independent Publishing Platform* There are real differences in the HSP brain and Julie Bjelland, a psychotherapist who specializes in the highly sensitive has developed innovative tools specifically for HSPs in this 8-week training program. Feel true self-acceptance, improve your self-esteem and learn to access your HSP gifts and super strengths. Build skills to reduce overstimulation and overwhelming feelings. Learn how to get out of your intense emotional reactions and how to respond, instead of react, to emotions. Improve your health, strengthen your immune system and increase your energy levels. Discover new neuroscience and research about the real differences in your HSP brain.

### Psychology of the Unconscious

### A Study of the Transformations and Symbolisms of the Libido, a Contribution to the History of the Evolution of Thought