



La manutenzione dell'amore (Le polene) (Italian Edition)

Umberta Telfener

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In una società in continua trasformazione, dove i ruoli tendono a mutare velocemente, l'amore è un sentimento che rischia di essere considerato sempre uguale. In realtà è una dimensione complessa dell'animo umano, difficile da decifrare e attraversata da continui cambi di identità, che determinano di volta in volta un modo diverso di amare. Per questo, diventa necessaria la «manutenzione» costante della propria vita sentimentale, che non significa essere sempre all'altezza delle sfide che ci troviamo davanti, ma essere in grado di conservare e proteggere il nostro amore, come se si trattasse di una pianta rara e bisognosa di cure. Per seguire e comprenderne le mutazioni, Umberta Telfener, esperta psicologa e psicoterapeuta, ne ripercorre le principali fasi: dall'amore patriarcale all'esaltazione del legame di coppia romantico, dalle paure emotive del postmoderno all'attualità incerta e paradossale dell'ipermoderno. Fasi in cui il lettore potrà riconoscere se stesso e scoprire gli ingredienti della sua relazione, capire quali sono le conseguenze emotive e come muta il linguaggio dei sentimenti a seconda delle età. Ricco di spunti suggestivi – i film da vedere e i giochi di coppia che possono migliorare la nostra vita amorosa – La manutenzione dell'amore è un viaggio nell'anima del più nobile dei sentimenti, con un invito esplicito: anche nell'amore, comprendere chi siamo è il primo passo verso l'armonia.



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