



Faça escolhas, não terceirize sua vida (Portuguese Edition)

Silvia Ligabue

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Numa época em que a psicologia adquire cada vez mais importância, dadas as implicações práticas de seus conhecimentos e estudos, a autora e psicóloga Silvia Ligabue traz uma obra que busca atender às demandas de uma sociedade pós-moderna, com as suas próprias características e problemáticas. A questão da espiritualidade, tão jogada a segundo plano, adquire uma importância especial após o confronto com estudos que comprovam o poder da oração e da fé no tratamento e na cura de certos males físicos e psicossociais. A depressão e o estresse, enquanto patologias comuns de nossos tempos, são tratados de forma minuciosa, através das ferramentas da terapia cognitiva construtivista, linha teórica central da autora em mais de 20 anos de trabalho como psicoterapeuta. Imperdível para aqueles que querem saber mais sobre si, sobre os outros e sobre o que a psicologia pode nos dizer sobre a sociedade de hoje.



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