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Graziella Dragoni

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Come si manifestano le emozioni nella nostra vita quotidiana, nel lavoro, nello sport, nello studio? Senza che ne siamo consapevoli, quanto ci condizionano? Una stessa emozione presenta aspetti positivi e il suo contrario: gioia, dolore, tristezza, rabbia, paura, ansia si intrecciano e sono una il completamento dell'altra... Obiettivo dello studio è quello di riconoscere le emozioni e i fattori che le contraddistinguono, al fine di aiutare a gestirle attraverso un approccio concreto e pratico.

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