



# Come guidare la propria autostima (Italian Edition)

*Damiano Pellizzari*

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Spesso non sono gli eventi che ci capitano ad ostacolarci ma piuttosto il modo in cui li affrontiamo. L'idea che ognuno ha di se stesso (autostima) influisce sia sullo stato d'animo, sia sui comportamenti. Dobbiamo, pertanto, prenderci cura dei nostri pensieri perché si tramuteranno nelle nostre azioni, che sono i mattoni che compongono la casa della nostra vita. In questa breve guida il dottor Damiano Pellizzari propone, attraverso una serie di test e guide, alcune modalità pratiche per superare i momenti di difficoltà.

Nei quattro anni di specializzazione post laurea in psicoterapia cognitiva costruttivista il dottor Pellizzari ha acquisito ed affinato le strategie per aiutare le persone a cambiare la visione disfunzionale di sé e delle proprie difficoltà.

Un'ora può essere eterna, un anno andarsene in un lampo; l'ansia, l'autostima, la depressione, i problemi, dilatano il presente, la speranza e la capacità di trovare soluzioni proiettano positivamente nel futuro. Il dottor Pellizzari usa anche la terapia del sorriso.

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