



# **Come liberarsi dal superfluo e vivere felici (Salute e benessere) (Italian Edition)**

*Brooks Palmer*

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Mucchi di oggetti inutili in garage e nello sgabuzzino; pile di fogli sulla scrivania; cumuli di e-mail senza risposta; abiti mai indossati sono tutte cose che trasmettono un senso di soffocamento e che contribuiscono a far stagnare la nostra energia. Come liberarsi dal superfluo e vivere felici aiuta proprio a lasciare andare il passato e tutto ciò che ci tira indietro per creare finalmente i presupposti per nuove energie, nuove opportunità, una chiara visione della vita e delle relazioni. Funziona: fare spazio all'esterno permette di farlo anche all'interno! Ma attenzione, non si tratta di fare semplicemente le pulizie di primavera: gettando quanto c'è d'ingombrante, inutile o addirittura dannoso attorno a noi, riusciamo anche a eliminarne le influenze negative, liberando il nostro potenziale energetico. Come liberarsi dal superfluo e vivere felici è un vero manuale di autodifesa contro le conseguenze negative dell'accumulo di oggetti inutili: La paura del cambiamento rappresentata dalle pile di cianfrusaglie. La paccottiglia mentale: critiche, negatività, intransigenza. Come fare spazio nella propria stanza, sulla scrivania e nella vita. Capire cosa è utile e cosa gettare. Riconoscere i meccanismi di difesa che spingono all'accumulo. Lasciar fluire l'energia.

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