



Come il tuo respiro (Italian Edition)

Sara Nardini

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Questo libro ha l'intento di offrire alcuni spunti di riflessione, sui quali il lettore può soffermarsi per imparare ad essere più presente nella vita, incominciando a goderne, con la semplicità di un respiro.

Alberna un linguaggio logico, corredata di esempi e alcuni semplici esercizi, al linguaggio metaforico e giocoso della fiaba, che sussurra all'orecchio di chi legge, per risvegliarne la parte infantile, spesso mortificata e inascoltata, ricca di risorse e creatività.

È rivolto soprattutto a chi non sa da dove cominciare, ma anche a chi, in cammino da tempo, inseguendo grandi conseguimenti, rischia di dimenticare ciò che è alla base: la propria unicità, raccontata dal respiro, dal cuore, dalle radici e dall'Anima.

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