



L'autostima non esiste (Italian Edition)

Ilaria Bertolini

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“Questo è un libro irriverente” è l’avviso che l’autrice-psicoterapeuta Ilaria Bertolini dà sin dalla prima riga. La ragione sta nella tesi di fondo promossa dalla dottoressa secondo la quale l’autostima è un’invenzione, non esiste nella realtà, e il volume argomenta e difende questo concetto mediante accurate spiegazioni affiancate da una galleria di casi effettivamente accaduti. In numerosi pazienti la terapeuta ha notato che i soggetti non erano in grado di individuare effettivamente i problemi che li affliggevano né tantomeno le possibili soluzioni, preferendo attribuirli alla mancanza o all’eccessiva autostima e dunque a un carattere innato in se stessi e immodificabile. Una tendenza promossa da un linguaggio e da una comunità che fa un uso distorto e falso dell’autostima e che andrebbe senz’altro modificata per far spazio all’individuazione delle capacità che ognuno ha di affrontare problemi e difficoltà nei quali incorre nel corso della vita.



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