



L'ottimismo (Farsi un'idea) (Italian Edition)

Luigi Anolli

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un atteggiamento mentale che può avere esiti positivi sulla vita sociale, sul lavoro, sulla salute. Il volume perlustra il territorio dell'ottimismo nei suoi vari aspetti: dalle possibili radici genetiche, agli effetti, alle forme devianti - come l'ottimismo irrealistico, quello finto, o quello idiota - sino alle sue manifestazioni in culture diverse dalla nostra. Infine, dopo alcuni test per "misurare" l'ottimismo, ci si chiede se e come sia possibile allenarsi a diventare ottimisti.



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