



## Difesa Mentale (Italian Edition)

*Maurizio Maltese*

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## Difesa Mentale (Italian Edition) Maurizio Maltese

In una Nazione civile la reale aggressione, quella a cui siamo soggetti quotidianamente, non avviene con armi alla mano e neppure a pugni chiusi, bensì sul piano mentale.

Persino gli esperti di sicurezza, istruttori della difesa personale e della sicurezza sociale, vengono soggiogati dalle tecniche di persuasione occulta.

Ci siamo così trovati più volte a rimuginare su azioni, che abbiamo compiuto con leggerezza, acquistando oggetti di cui non avevamo realmente bisogno o firmando contratti di cui presto ci siamo pentiti.

Altre volte invece abbiamo acceso inconsapevolmente un conflitto, che ci vede perdenti a lungo termine, anche quando abbiamo vinto la battaglia immediata.

Possibile che lo studio delle discipline marziali, con al centro l'auto-sviluppo dell'uomo, serva solo per parare un pugno e rispondere all'attacco con adeguata veemenza?

Possibile che la formazione interiore non serva per metterci al riparo dalle aggressioni più gravi e consuete, come quelle che coinvolgono tutti gli esseri umani sul Pianeta?

La conoscenza delle leggi e del diritto non è sufficiente, così come non lo è la conoscenza di un sistema di lotta a mano nuda o armata; occorre avere un metodo efficace per proteggere il tesoro più prezioso dell'uomo e allo stesso tempo il più vulnerabile: la propria mente.



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