



## La paura (Farsi un'idea) (Italian Edition)

*Maria Rita Ciceri*

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La paura è la più antica delle emozioni, una sorta di pilota automatico che mette in atto una risposta istintiva che ha funzionato per millenni. Anche se non dobbiamo più sfuggire ai predatori, bensì affrontare minacce più sofisticate, reali o immaginarie che siano, saper fiutare il pericolo è una risorsa preziosa per sopravvivere non solo nel mondo fisico ma soprattutto in quello dei rapporti sociali. Il coraggio uno non se lo può dare, diceva Don Abbondio, ma, come ci insegna questo libro, aver paura è una reazione salutare che ci prepara all'azione. E la risposta più intelligente può essere, a seconda dei casi, la lotta, la fuga, l'astuto aggiramento dell'ostacolo o una bella risata che seppellisce l'avversario. Il libro tocca anche molte altre corde: dai diversi atteggiamenti culturali nei confronti della paura agli aspetti esistenziali più dolorosi della condizione umana, dal piacere di assistere a un film horror al gusto dell'avventura.

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