



Ho scelto di guarire (Vitae) (Italian Edition)

Milano Serena

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Le pagine di questo libro sono la dimostrazione pratica e positiva di come nella malattia, anche la più grave e sconcertante, e nella vita volere sia potere. Si tratta di un libro scorrevole scritto da una penna giovane con un linguaggio diretto. Una storia vera capace di viaggiare nei meandri più profondi dell'animo umano e analizzare le emozioni rivivendole nella loro intensità.

La storia di una ragazza che durante l'infanzia si trova a dover vivere delle difficoltà familiari che creano traumi e somatizzazioni. Studi non completati, attacchi di panico, paure ed incapacità di gestire le relazioni affettive più importanti creano una spirale di dolore che culmina con la scoperta di un cancro a soli 23 anni. Da lì la svolta, l'apertura mentale che fa scoprire il coraggio e la voglia di apprendere nuove discipline quali la psicologia e la metamedicina e la voglia di affrontare il cambiamento attraverso corsi di crescita personale. Un accento che si pone sulla scelta consapevole di voler guarire e cancellare il passato verso un futuro ricco di amore.

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