



Terapia del colore (Laboratorio di naturopatia) (Italian Edition)

Gloria Grazzini

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Lo scopo di questo libro consiste nel rintracciare le caratteristiche principali del colore, la sua importanza nella storia e nella religione, la sua simbologia e la lettura in chiave psicologica. È il punto di partenza per l'elaborazione di un metodo che permette prima di comunicare e poi di interpretare le proprie sensazioni e il proprio vissuto emotivo; attraverso la terapia del colore è infatti possibile l'elaborazione dei processi interni, favorendone l'integrazione a livello cosciente.

I numerosi suggerimenti e le griglie interpretative per adulti e bambini relative a segni e colori fanno di questo libro uno strumento interessante per tutti e forniscono un ulteriore strumento nella relazione di aiuto con il cliente.

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