



## Arrabbiarsi (Farsi un'idea) (Italian Edition)

*Valentina D'Urso*

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Gesù che scaccia i mercanti dal tempio, gli strilli di un bambino, le sfuriate del capo, le bizzie di una bisbetica: molte sono le immagini della rabbia. Ci si arrabbia per un'ingiustizia, per un fastidio senza motivo, per un ostacolo che si frappone alla realizzazione di un progetto al quale tenevamo. A seconda delle situazioni, delle persone, dei motivi, noi siamo più o meno disposti a giustificare noi stessi e gli altri per avere agito sotto l'impeto della rabbia. Ma arrabbiarsi serve? Perché da un lato abbiamo paura di questa emozione, ma dall'altro sentiamo che se non la manifestiamo finiremo per esplodere? Questo libro parte dalle immagini della rabbia presenti nella nostra cultura e nel linguaggio comune, per arrivare a mostrarci come alcune arrabbiate siano in grado di suscitare energie positive e possano essere molto importanti per il gioco sociale.

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