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Leggi ebooks Ipocondriaci Brenda Hogan PDF, EPUB, mobi, Un piccolo libro di auto-aiuto per capire che cos'è l'ipocondria e come si può superare. Un percorso graduale, delineato con grande chiarezza, per imparare a guardare in faccia la paura delle malattie e scoprire le strategie più efficaci per combatterla.

Nessuna bacchetta magica, dunque, ma test, esercizi e tecniche mutuati dalla terapia cognitivo-comportamentale che aiutano a sfidare i pensieri e i comportamenti dettati dall'ansia: il monitoraggio esasperato dei sintomi, il bisogno di continue rassicurazioni da parte di medici e familiari, le ricerche ossessive sul web... circoli viziosi di preoccupazione e malessere che è possibile spezzare, ritrovando un rapporto più sereno con la propria salute.

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