



Perché Mi Ammalo Proprio Qui?: La malattia come messaggio della nostra vita psichica (Italian Edition)

Maurizio Cusani

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Questo libro parte dall'affermazione apparentemente provocatoria che "la malattia non esiste, esistono esseri umani malati", per compiere un viaggio dentro le cause psicologiche della condizione che siamo soliti considerare malattia. Di fronte a un malato dobbiamo valutare sempre la presenza di tre fattori che interagiscono: la componente genetico-familiare, la componente acquisita (per esempio il presentarsi di traumi o virus) e quella psichica, quei disagi consci o inconsci che favoriscono l'insorgenza prima di squilibri e poi di patologie a carico di tutto l'organismo. Questo libro indaga la parte emozionale dell'essere umano, con la sua azione sul sistema immunologico e neuroendocrino, come una delle motivazioni fondamentali nel generare la malattia, e come il dominio dei fattori psico-affettivi diventi fondamentale per restituire la salute, indipendentemente dal tipo di malattia.

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