



La realtà soggettiva (Italian Edition)

Enrica Orecchia Traduce Steve Pavlina

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Dopo anni di osservazione della realtà e di riflessioni sulla sua natura, Steve Pavlina giunge alla conclusione che la realtà in cui viviamo non è una realtà esterna a noi, uguale per tutti, completamente oggettiva. Al contrario, siamo noi, con le nostre convinzioni, i nostri pensieri e le nostre idee, a creare la realtà in cui ci crediamo immersi.

Non si tratta di una realtà che “ci circonda”, che si trova intorno a noi, bensì di qualcosa che è dentro di noi, che vive all’interno della nostra consapevolezza, dei nostri pensieri. Sono questi ultimi pensieri a dare forma al mondo in cui viviamo, a creare le situazioni che ci troviamo ad affrontare. Pensieri diversi danno forma a situazioni diverse. Ed ecco il concetto rivoluzionario che ne deriva: se cambiamo i nostri pensieri abbiamo il potere di cambiare le cose “intorno a noi”.

Acquisire la consapevolezza di come i nostri pensieri danno vita alla realtà in cui viviamo, comprendere l’effetto che hanno sulla nostra vita è il primo passo per capire come possiamo cambiare e in che modo possiamo affermare il nostro potere creativo per creare una realtà più corrispondente ai nostri desideri.

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