



Stress (Italian Edition)

Roberto Spingardi

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Stress significa letteralmente spinta, sforzo, tensione, sollecitazione e si riferisce a qualunque condizione fisica, chimica, psichica che esercitando uno stimolo sull'organismo, ne provoca la reazione.

Nella accezione positiva lo stress consiste nella capacità di reagire correttamente a stimoli e pericoli, provocando una reazione "adeguata" e dunque utile (eustress).

Nella sua accezione negativa (distress), rappresenta, invece, una sensazione di inadeguatezza ed incapacità di affrontare la realtà oggettiva, con conseguenze più o meno gravi, sempre dannose.

Questo libro rappresenta una proposta per la comprensione e gestione positiva del fenomeno "stress", a partire dalla evidenziazione di quanto su tale fenomeno influiscano le convinzioni personali, i pregiudizi, i preconcetti e tutto quanto di soggettivo costituisce la "mappa mentale" di ogni singolo individuo.

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