



# Vita da psichiatra (Italian Edition)

*Maria Cristina Flumiani*

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C'è una ricetta per vivere felici? Questo libro dispensa qualche pillola di saggezza raccontando la lotta quotidiana di uno psichiatra con i problemi dei suoi pazienti: solitudine, depressione, alcolismo, emarginazione sono demoni che combatte quotidianamente.

Così descrive il suo lavoro: "Il mio compito è studiare la personalità dell'individuo, mettere in luce le zone d'ombra che lo condannano a situazioni di disagio o di sofferenza e accompagnarlo nel difficile percorso che conduce alla loro eliminazione. Semplice? Affatto. Bisogna rispettare la personalità di ognuno e saper aspettare che la sua mente accetti quanto si annida sotto la superficie liscia e compatta della razionalità."

I suoi pazienti sono eterogenei - la suora, la chiromante, l'ingegnere, la casalinga, il quindicenne, ognuno alla ricerca della sua dimensione.

Ma anche la sua vita privata gli darà molti spunti per mettere in pratica il suo lavoro.

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