



Viaggio sulle ali della consapevolezza (Italian Edition)

Antonio Nuzzachi

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La nostra vita è un perenne correre, abitudine ormai consolidata anche nei gesti che potremmo compiere con molta più calma e consapevolezza.

“Occorre fermarci per andare avanti”.

Cambiare alcune nostre abitudini, spesso non in linea con il nostro corpo e la nostra mente, è possibile diventando consapevoli delle nostre risorse e di ciò che è in nostro potere per migliorare nelle diverse aree della nostra vita. L'essere umano ha il grande dono di poter prendere in mano la propria vita e scegliere come ripartire per costruire una vita ricca di gioia, serenità e pace, ma tutto questo deve partire dal senso di consapevolezza che è in lui. Nello scrivere questo libro ho ascoltato quel potenziale, quella passione, quella volontà che mi ha permesso di comprendere come spesso il cuore, la determinazione, il credere nelle proprie risorse può portare a superare i limiti che ognuno di noi si pone per raggiungere ciò a cui aspira di più, la sua mission, quella già nata nell'anima dell'Universo.

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