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nizione, della mindfulness, proposta come un romanzo familiare con sotto trame e colpi di scena La mindfulness sta ottenendo in tutto il mondo, e in tutti gli ambiti, un incredibile succes-so, ma mai, finora, era stata raccontata in modo così corale, multiforme e intenso Buona lettura

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per vivere felici è imparare a riconoscere ciò che si può e ciò che non si può controllare, accettandone con serenità le conseguenze La Mindfulness ci insegna come controllare la rabbia in modo più salutare per noi stessi e per gli altri e ad essere meno reattivi

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