



# **Mind Power: Sviluppare e potenziare la mente (Nosce te ipsum Vol. 3) (Italian Edition)**

*Vittorio Mascherpa*

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Questo non è soltanto un libro di tecniche mentali, ma una vera e propria introduzione all'arte del pensare. L'approccio è all'insegna della chiarezza, della semplicità e dell'efficacia, anche se i contenuti proposti costituiscono un vero e proprio trattato sul pensiero e sulla funzione mentale.

Partendo dall'assunto che "avere pensieri nella mente non equivale a pensare", il lettore viene guidato a scoprire e a sperimentare nuove e potenti forme di utilizzo della mente e delle facoltà ad essa collegate, attraverso un percorso teorico-pratico che tocca aspetti diversi, in modo assolutamente originale e completo. Una sintesi chiara ed esauriente di una nuova condizione mentale, in uno studio architettonico nitido quanto inusuale per riconvertire tutti i nostri processi mentali a un nuovo modo di pensare e di vivere.

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