



La felicità (Farsi un'idea) (Italian Edition)

Paolo Legrenzi

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Alla fine di un secolo che ha tentato di ridurre la felicità individuale a quella collettiva, la psicologia ha cominciato a esplorare le vie con cui la mente ostacola o favorisce la ricerca della felicità. Si tratta di meccanismi basati sull'espansione del proprio io, sulla prospettiva temporale soggettiva, sull'individuazione delle cause dei nostri successi e guai, sull'illusione di poter controllare tutto quello che ci capita. Tali meccanismi non sono specifici di persone particolarmente felici o infelici, ma sono alla base del nostro abituale modo di pensare e agire nella vita quotidiana.

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