



L'arte di smascherare una bugia (Italian Edition)

Claudio Spina

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Gente ipocrita, gente incoerente, gente che indossa una maschera. Il mondo non è come appare. Ciò che appare del mondo è nella maggior parte dei casi solo illusione!

La ragazza ci tradisce e ci mente, il nostro amico non ci invita alle uscite di gruppo e si inventa una scusa ,il medico ci omette il nostro quadro clinico pessimo.

In questa vita abbiamo il libero arbitrio. Anche se non è facile, sta a noi decidere se essere ingannati o meno.

La verità fa molto male ed è in grado di portare la nostra autostima a 0. Ho studiato questi meccanismi per necessità e per sopravvivere a questo mondo pieno di falsità.

In questo libro ti mostrerò alcune tecniche per smascherare chi mente.

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