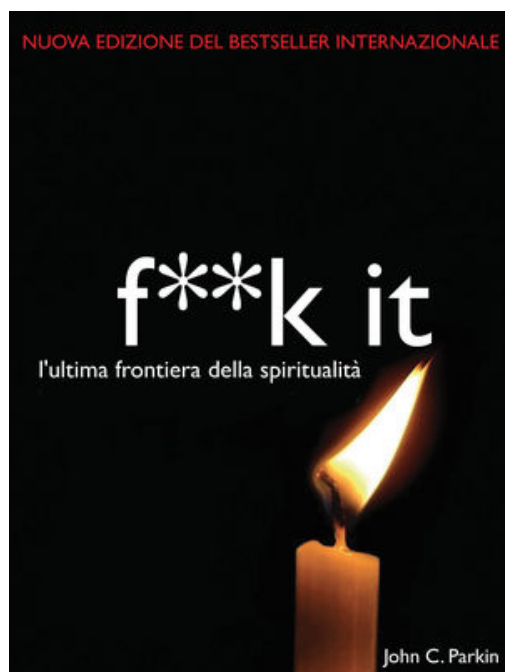


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Dire Vaffa ti fa stare bene. Smettere di lottare e fare finalmente ciò che sogni: ignorare quel che dicono gli altri e andare per la tua strada ti fa sentire alla grande. In questo libro ironico e d'ispirazione, John C. Parkin suggerisce che dire Vaffa sia l'espressione occidentale perfetta che riassume le idee spirituali orientali del lasciar andare, della resa e della vera libertà, attraverso la comprensione che niente conta poi così tanto (se non del tutto). È un percorso spirituale che non richiede recitazione di mantra, meditazione, portare sandali o alimentarsi di legumi. Ed è proprio la forza di questa moderna profanità che lo rende perfetto per scuotere di dosso da noi occidentali lo stress e l'ansia che domina le nostre vite cariche di significato. Scopri come dire Vaffa a tutti i tuoi problemi e preoccupazioni. Di' Vaffa a tutti i "dovrei" della tua vita e infine fai ciò che vuoi, a prescindere da quel che pensano gli altri.

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