



Obsesiones, compulsiones, manías: Entenderlas y superarlas en tiempo breve (Spanish Edition)

Giorgio Nardone

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«Todos sabemos complicar las cosas, solo unos pocos son capaces de simplificarlas».

El trastorno obsesivo-compulsivo (TOC) es una de las psicopatologías más graves e invalidantes, caracterizada por pensamientos obsesivos y rituales repetitivos. El TOC se estructura sobre la base de presupuestos lógicos y se autoalimenta de mecanismos racionales que, llevados al extremo, se convierten en algo absurdo e ilógico.

El modelo evolucionado de la terapia breve estratégica propuesto por Giorgio Nardone, se propone como un instrumento extraordinariamente eficaz para combatir el TOC, precisamente porque es capaz de autodestruir la lógica que aprisiona la mente y reconducir el absurdo a la racionalidad.

El autor dedica buena parte de la obra a la práctica clínica, exponiendo numerosos casos de pacientes que supieron romper las barreras del miedo y de la obsesión confiando en estrategias terapéuticas minuciosamente planificadas.

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