

«Psychosomatic» theories have become popular. But to fully understand why illnesses arise, worsen or improve, and possibly disappear, we need to look at them from a completely different perspective: that of the body who is creating them



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Healthy Disease
[La malattia sana]

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Jader Tolja is a doctor, psychotherapist and researcher, dedicated primarily to understanding how different cultural aspects (such as relationships, work, education, fashion and design) change us at a neurological level and how specific physical changes can determine specific psychological qualities. The texts describe what we need to know should we not wish to adapt to our culture, but would like our culture to adapt to us.

This book has two principle characteristics, which distinguish it from other books on the subject: it shows that there is no relationship between what we call illness and the presence of symptoms or their severity, but that anything our mind or our culture doesn't understand the function of, is considered pathological. It describes the process of the creation of an illness not from the point of view of a person who encounters an unexpected guest he is forced to tolerate, but from the point of view of the one who is in fact creating the illness, i.e. the body. To clarify this unusual perspective the book is divided into three parts: the first part takes the reader through all the steps of the process that the body/the director goes through in creating a disease; the second part responds to basic doubts and questions raised by this perspective; the third part is a literal transcript of a session addressing a medical problem, making the application of this approach tangible by using a concrete example.