

Non-Fiction / Backlist

A long seller with more than 50.000 copies sold which focuses on the body as a second brain, inviting us to «think with the entire body»



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Body Thinking
[Pensare col corpo]

Self-help

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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.

Body Thinking invites us to not limit our capacity for thinking and processing reality only to the mind, but to consider the possibility of «thinking with the entire body». Listening to the body and recognizing how it changes in relation to different aspects of life, changes our relationship with our profession, space, time, people, dress, language, food and sexuality. And much as the mind and its emotional structure determine the shape and health of our body, our physical organization determines our thoughts and emotions.

Today, this approach is validated progressively by research carried out by some of the most advanced doctors in the field of molecular biology and psychoneuroimmunology (such as Candace Pert and Antonio Damasio).

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