



Il metodo sticazzi (AlibertiFreestyle) (Italian Edition)

Carla Ferguson Barberini

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Il metodo sticazzi è la via che ti conduce alla libertà: esso non richiede istituzioni, né riti, né manufatti sacri.

Il metodo sticazzi vive e cresce esclusivamente dentro di te.

Coltivalo, ed esso ti renderà felice, ricco e amato da tutti.

«Con il metodo sticazzi leggi un giornale intero in tre minuti!»

«Neutralizzi i venditori porta a porta e i volontari di associazioni benefiche!»

«Lavori di meno e guadagni di più!»

«Diventi invincibile!»

In poco tempo non si tratterà più di quello che puoi fare con il metodo sticazzi, ma quello che il metodo può fare per te! Diventa uno sticazzista assoluto e raggiungi l'imperturbabilità zen.

DAL LIBRO

«Il metodo insegna a non prendere sé stessi né il prossimo troppo sul serio, e semplifica operazioni razionali o emotive che comportano spesso inutili sofferenze all'individuo che se ne fa carico. Le nevrosi urbane, ad esempio. Gli spostamenti nel traffico, la ricerca del parcheggio, il confronto sociale con passanti, lavoratori, interlocutori occasionali: tutto è potenzialmente motivo di conflitto, ansia e atroce fastidio.

Quando si apprende che per non provare questi sentimenti basta decidere di evitarli, l'esperienza quotidiana assume una prospettiva più piacevole.

Il metodo sticazzi fa risparmiare tempo: tutto quello che andrebbe perso per pensarci su, pentirsi, impegnarsi, annoiarsi, discutere, dispiacersi, lavorare, istruirsi, confondersi, interessarsi, ascoltare.

Ma insomma stigrancazzi!»

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