

La Self Compassion Il Potere Dell Essere Gentili

[#self-compassion](#) [#power of kindness](#) [#being kind to yourself](#) [#emotional well-being](#) [#gentleness](#)

Discover the profound concept of self-compassion and unlock the incredible power of being kind to yourself. This essential guide delves into how embracing gentleness can cultivate emotional well-being, resilience, and a deeper sense of inner peace, transforming your relationship with yourself and the world.

Each syllabus includes objectives, reading lists, and course assessments.

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La self-compassion

1414.12

La self-compassion. Il potere dell'essere gentili con se stessi

1240.451

L'endometriosi tra ricerca e ascolto clinico

1250.348

ComParenting

Il volume mira a essere un piccolo manuale, leggero e flessibile, che illustri in maniera pratica e concisa le tecniche di mindfulness e di EMDR. Monica Martuccelli descrive come un terapeuta può prendersi cura di sé, tramite le pratiche di mindfulness, nel corso di una giornata tipica di attività clinica, prima, durante e a fine giornata. Olivier Piedfort-Marin approfondisce invece le fasi del protocollo standard EMDR e come il rapporto e l'integrazione tra EMDR e mindfulness possa migliorare la sintonizzazione tra terapeuta e paziente. Un testo fruibile non solo per i terapeuti o per chi ha già intrapreso un percorso di mindfulness, ma un invito che "apre le porte" anche a chi non si è ancora affacciato a questo universo.

EMDR e mindfulness

239.348

Quattro ferite, quattro risorse per il benessere

Se il 79% di noi dichiara di vivere in un perenne e diffuso stato d'ansia e 9 italiani su 10 si definiscono stressati, è perché non abbiamo mai imparato una cosa fondamentale: a spegnere il cervello. Certo, per la maggior parte del tempo funziona che è una meraviglia, ci regala idee folgoranti, ricordi

che scaldano il cuore, e ci sorprende perfino per la quantità di cavolate che riesce a tenere a bada contemporaneamente. Ma ogni tanto comincia a girare ininterrottamente a vuoto come l'ormai proverbiale criceto, senza riuscire a fermarsi. Succede perché la parte del cervello che è programmata per proteggerci non si è ancora adattata a distinguere il pericolo di una fiera che ci vuole mangiare da quello di un colloquio con il capo, o dai casini in famiglia, e nemmeno da quello del tizio che ci ha rubato il posto nel parcheggio, e si mette in ogni caso in allarme. In poche parole, non sa riconoscere le situazioni di vera emergenza da quelle che non lo sono. A questo si aggiungono poi le batoste che l'esistenza spesso ci assesta. Ansia, stress, irritabilità e compagnia brutta sono tutte strategie di difesa. E visto che nella nostra vita di ogni giorno di situazioni di questo tipo ne abbiamo a dozzine, il cervello, e di conseguenza noi, vive in perenne stato di allerta. Lo sa che non si fa così, ma non può farne a meno. Ed è qui che entra in scena questo metodo ruvido e rivoluzionario. Con humor, pazienza, tanta competenza e una buona dose di sfrontatezza, la dottoressa Harper spiega cosa succede nel nostro cervello e ci guida in un processo fondamentale: "disincasinarlo" innanzitutto, e quindi addestrarlo a rispondere in maniera appropriata alle situazioni della vita quotidiana e ad affrontare una volta per tutte vecchi o recenti traumi che sono spesso alla base dei nostri disagi. Per insegnare al cervello a lavorare per noi e non contro di noi e riconquistare una volta per tutte la serenità e la felicità perdute.

Spegni sto c***o di cervello

1414.22

Adolescenti con comportamenti autolesionistici

1414.23

La ricetta della resilienza

1414.21

Procedure e strumenti di autoterapia umoristica

1414.20

La tua vita a modo tuo

1414.25

Io non (me ne) lavo le mani!

1414.28

Il perfezionista ansioso

1414.27

Come aiutare i propri figli adolescenti con disturbi emotivi

Prefazione di SUA SANTITÀ IL DALAI LAMA Negli ultimi anni, la cosiddetta "scienza della felicità" ha suscitato grande interesse: la felicità è un motore universale per tutti gli esseri umani, un'emozione fondamentale che ci dà la spinta per andare avanti. A complicarci la vita, però, spesso intervengono anche altre emozioni, e a volte si tratta di emozioni che preferiremmo evitare. Ma se ne abbiamo così tante a disposizione una ragione c'è: ciascuna di esse, infatti, porta con sé delle informazioni che possiamo usare per migliorarci, a patto che sappiamo come fare. Anche le emozioni negative hanno qualcosa da offrire, e persino i sentimenti più scomodi in realtà ci mandano messaggi per dirci che qualcosa non va, per proteggerci e per spingerci a migliorare. La neuroscienza insegna che per comprendere e utilizzare al meglio le emozioni dobbiamo prima di tutto dare loro un nome. E questo libro ci offre un nuovo punto di vista: sulla paura che genera coraggio, sulla vergogna che ci aiuta a fare chiarezza nei nostri valori, sulla rabbia che ci permette di porre dei limiti a salvaguardia del nostro benessere. Perché è proprio imparando a riconoscere le nostre emozioni e adottando delle semplici strategie nella vita di ogni giorno che possiamo cambiare in meglio. Randy Taran, pluripremiata autrice e fondatrice dell'organizzazione no profit Project Happiness, sa bene che ogni emozione, sentimento e stato mentale ha il potere di accrescere la consapevolezza di sé e l'autostima e di riportarci alla

nostra vera essenza. E con il potere delle emozioni mette a nostra disposizione gli strumenti che ci permetteranno di migliorare le nostre relazioni ma anche di essere artefici della nostra stessa felicità.

Il potere delle emozioni

Kristin Neff PhD, is a professor in human development whose 10 years' of research forms the basis of her timely and highly readable book. Self Compassion offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness. Self Compassion recognises that we all have weaknesses and limitations, but in accepting this we can discover new ways to achieve improved self confidence, contentment and reach our highest potential. Simply, easily and compassionately. Kristin Neff's expert and practical advice offers a completely new set of personal development tools that will benefit everyone. 'A portable friend to all readers ... who need to learn that the Golden Rule works only if it's reversible: We must learn to treat ourselves as well as we wish to treat others.' Gloria Steinem 'A beautiful book that helps us all see the way to cure the world - one person at a time - starting with yourself. Read it and start the journey.' Rosie O'Donnell

Self-Compassion

La nostra vita quotidiana è fatta di tanti piccoli gesti che compiamo in continuazione senza pensarci e che influiscono sul nostro benessere. Si tratta di azioni eseguite in automatico, che diventano parte di noi, come controllare in continuazione il cellulare, accendere una sigaretta, lavorare senza mai staccare la spina, rimanere sul divano fino a tardi, bere un bicchiere di troppo. Pensi sia difficile introdurre grandi cambiamenti nella tua routine, come praticare sport in modo regolare, smettere di fumare o mangiare sano? In realtà il cambiamento è facile se parti dalle "micro abitudini". Basta poco per innescare un meccanismo che può dare una svolta alla tua vita. Matthias Hammer, terapeuta comportamentale, spiega in modo chiaro e convincente come puoi riconoscere le abitudini nocive e sostituirle, passo dopo passo, con altre più salutari. Basta infatti un piccolo cambiamento al giorno per migliorare la tua vita e fare quello che è utile e importante per te. Sostituire le cattive abitudini con quelle sane è facile e il successo è garantito con il percorso in 5 passi che Matthias Hammer propone: Osservare che cosa succede nel concreto Trovare la tua motivazione, ciò che conta davvero per te Gestire gli ostacoli che incontri sul cammino Stabilire delle piccole routine che incorporino abitudini sane Non criticare te stesso, ma incoraggiarti

Micro abitudini

This is the authoritative guide to conducting the Mindful Self-Compassion (MSC) program, which provides powerful tools for coping with life challenges and enhancing emotional well-being. MSC codevelopers Christopher Germer and Kristin Neff review relevant theory and research and describe the program's unique pedagogy. Readers are taken step by step through facilitating each of the eight sessions and the accompanying full-day retreat. Detailed vignettes illustrate not only how to teach the course's didactic and experiential content, but also how to engage with participants, manage group processes, and overcome common obstacles. The final section of the book describes how to integrate self-compassion into psychotherapy. Purchasers get access to a companion website with downloadable audio recordings of the guided meditations. Note: This book is not intended to replace formal training for teaching the MSC program. See also two related resources for MSC participants and general readers, The Mindful Self-Compassion Workbook, by Kristin Neff and Christopher Germer, and The Mindful Path to Self-Compassion, by Christopher Germer.

Teaching the Mindful Self-Compassion Program

Dante's Lyric Redemption offers a re-examination of two strongly interrelated aspects of the poet's work: the role and value he ascribes to earthly love and his relationship to the Romance lyric tradition of his time. It argues that an account of Dante's poetic journey that posits a stark division between earthly and divine love, and between the secular lyric poet and the Christian auctor, does little justice to his highly distinctive and often polemical handling of these categories. The book firstly contextualizes, traces, and accounts for Dante's intriguing commitment to love poetry, from the 'minor works' to the Commedia. It highlights his attempts, especially in his masterpiece, to overcome normative oppositions in formulating

a uniquely redemptive vernacular poetics, one oriented towards the eternal while rooted in his affective, and indeed erotic, past. It then examines how this matter is at stake in Dante's treatment of three important lyric predecessors: Guittone d'Arezzo, Arnaut Daniel, and Folco of Marseilles. Through a detailed reading of Dante's engagement with these poets, the book illuminates his careful departure from a dualistic model of love and conversion and shows his erotic commitment to be at the heart of his claims to pre-eminence as a vernacular author.

Dante's Lyric Redemption

In 1638, a small book of no more than 92 pages in octavo was published "appresso Gioanne Calleoni" under the title "Discourse on the State of the Jews and in particular those dwelling in the illustrious city of Venice." It was dedicated to the Doge of Venice and his counsellors, who are labelled "lovers of Truth." The author of the book was a certain Simone (Sim%a) Luzzatto, a native of Venice, where he lived and died, serving as rabbi for over fifty years during the course of the seventeenth century. Luzzatto's political thesis is simple and, at the same time, temerarious, if not revolutionary: Venice can put an end to its political decline, he argues, by offering the Jews a monopoly on overseas commercial activity. This plan is highly recommendable because the Jews are "wellsuited for trade," much more so than others (such as "foreigners," for example). The rabbi opens his argument by recalling that trade and usury are the only occupations permitted to Jews. Within the confines of their historical situation, the Venetian Jews became particularly skilled at trade with partners from the Eastern Mediterranean countries. Luzzatto's argument is that this talent could be put at the service of the Venetian government in order to maintain – or, more accurately, recover – its political importance as an intermediary between East and West. He was the first to define the role of the Jews on the basis of their economic and social functions, disregarding the classic categorisation of Judaism's alleged privileged religious status in world history. Nonetheless, going beyond the socio-economic arguments of the book, it is essential to point out Luzzatto's resort to sceptical strategies in order to plead in defence of the Venetian Jews. It is precisely his philosophical and political scepticism that makes Luzzatto's texts so unique. This edition aims to grant access to his works and thought to English-speaking readers and scholars. By approaching his texts from this point of view, the editors hope to open a new path in research into Jewish culture and philosophy that will enable other scholars to develop new directions and new perspectives, stressing the interpenetration between Jews and the surrounding Christian and secular cultures.

Discourse on the State of the Jews

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

The Little Book of Gratitude

Negotiating the Art of Fatherhood in Late Medieval and Early Modern Italy examines contested notions of fatherhood in written and visual texts during the development of the mercantile economy in fourteenth- and fifteenth-century Italy. It analyzes debates about the household and community management of wealth, emotion, and trade in luxury "goods," including enslaved women, as moral questions. Juliann Vitullo considers how this mercantile economy affected paternity and the portraits of ideal fatherhood, which in some cases reconceived the role of fathers and in others reconfirmed traditional notions of paternal authority.

Negotiating the Art of Fatherhood in Late Medieval and Early Modern Italy

NATIONAL BOOK AWARD FINALIST • Frank and April Wheeler are a bright, beautiful, talented couple in the 1950s whose perfect suburban life is about to crumble in this "moving and absorbing story" (The Atlantic Monthly) from one of the most acclaimed writers of the twentieth century. "The Great Gatsby of my time...one of the best books by a member of my generation." —Kurt Vonnegut, acclaimed author of Slaughterhouse-Five Perhaps Frank and April Wheeler married too young and started a family too early. Maybe Frank's job is dull. And April never saw herself as a housewife. Yet they have always

lived on the assumption that greatness is only just around the corner. But now that certainty is about to unravel. With heartbreaking compassion and remorseless clarity, Richard Yates shows how Frank and April mortgage their spiritual birthright, betraying not only each other, but their best selves. In his introduction to this edition, novelist Richard Ford pays homage to the lasting influence and enduring power of *Revolutionary Road*.

Revolutionary Road

In the World of the Second Sophistic, education, *paideia*, was a crucial factor in the discourse of power. Knowledge in the fields of medicine, history, philosophy, and poetry joined with rhetorical brilliance and a presentable manner became the outward appearance of the elite of the Eastern Roman Empire. This outward appearance guaranteed a high social status as well as political and economical power for the individual and major advantages for their hometowns in interpolis competition. Since *paideia* was related particularly to Classical Greek antiquity, it was, at the same time, fundamental to the new self-confidence of the Greek East. This book presents, for the first time, studies from a broad range of disciplines on various fields of life and on different media, in which this ideology became manifest. These contributions show that the Sophists and their texts were only the most prominent exponents of a system of thoughts and values structuring the life of the elite in general.

Paideia: The World of the Second Sophistic

#1 NEW YORK TIMES BEST SELLER • At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage • “Life has questions. They have answers.” —The New York Times Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

Designing Your Life

Il volume offre esempi dettagliati, aneddoti personali ed eleganti esercizi per trasformare le fatiche della genitorialità in un atteggiamento di curiosità verso la propria esperienza e cominciare a occuparsi con cura di sé, attraverso l'integrazione della *mindfulness* e dell'autocompassione. L'invito di questo libro è quello di lasciare andare tutti quei comportamenti che rendono la genitorialità ancora più difficile di quanto non lo sia già di per sé, come confrontarsi con i propri genitori, paragonare i propri figli a quelli degli altri, biasimarsi per i propri inevitabili errori o litigare inutilmente con la prole o con il partner. L'invito è invece quello di rivolgersi a sé in modo autentico nel mezzo della fatica, coltivare un atteggiamento di curiosità verso la propria esperienza e poi cominciare a occuparsi con cura di sé, cioè occuparsi del proprio cuore, concedendosi di essere, in quel momento, semplicemente come si è. *Mindfulness* e compassione La *mindfulness* e la compassione sono a disposizione di tutti e possiamo offrirne a chi ci sta accanto. Sono delle abilità che si possono sviluppare. Le pratiche che ci permettono di acquisire questa competenza personale non sono rivolte alle persone che sono già serene e hanno tutto sotto controllo. Potete essere come siete: oberati di pensieri e faccende, ansiosi, nevrotici, a corto di sonno e sull'orlo di una crisi di nervi, sempre di corsa e gravati di responsabilità. Non è certo un problema sentirsi «un disastro» o inadeguati in tutto ciò che si fa. Esistono molti modi per praticare la *mindfulness* e la compassione. Non a tutti piace stare in silenzio a guardarsi dentro. Ma non c'è problema. Non bisogna accontentarsi di una taglia unica. Questo libro vi aiuterà a trovare il vestito su misura per voi. Attraverso consigli, strategie, esperienze provate da chi ci è passato prima di voi. Per stare meglio con voi stessi e con gli altri.

Guida per genitori imperfetti

Présentation de l'éditeur : "The interactions between law and culture in addressing the legal problems at the end of a life are currently being discussed in many countries. The discourse on this issue should be multidisciplinary, taking into account its legal, medical, ethical, philosophical and anthropological aspects. The concepts designed to manage the legal problems that occur when a life comes to an

end are closely linked to the culture of each country. For this reason, countries with different cultural backgrounds have been selected for this comparative end-of-life study. In France, Germany and Italy, which have a continental legal system, the United Kingdom, which has a common law system, and India, the various religions and cultures exert an important influence on the modernisation of the legislation in this respect. The book deals with recent legislative changes and developments in the countries surveyed."

Perspectives of Law and Culture on the End-of-life Legislations in France, Germany, India, Italy and United Kingdom

Self-compassion is a powerful inner resource. More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, this is the first self-help resource based on the authors' groundbreaking 8-week Mindful Self-Compassion program, which has helped tens of thousands of people around the globe. Every chapter includes guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; vivid examples of people using the techniques to address different types of challenges (relationship stress, weight and body image issues, health concerns, anxiety, and more); and empathic reflection questions. Working through the book, readers build essential skills for personal growth based on self-care--not self-criticism. See also *The Mindful Path to Self-Compassion*, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives.

The Mindful Self-Compassion Workbook

This study explores how the themes of the *disperata* genre - including hopelessness, death, suicide, doomed love, collective trauma, and damnations - are creatively adopted by several generations of poets in Italy and France, to establish a tradition that at times merges with, and at times subverts, Petrarchism.

The Disperata, from Medieval Italy to Renaissance France

The Observant reform of the religious orders remains one of the most important yet understudied religious movements of the later Middle Ages. This volume provides scholars with a current, synthetic introduction to the field, and suggests new avenues for future scholarship.

A Companion to Observant Reform in the Late Middle Ages and Beyond

"She shares with us her gold - the conception, trial and error implementation, and initial scientific investigation of a new, educationally-oriented treatment approach that she has named mindfulness-based elder care (MBEC)."-from the Foreword by Saki Santorelli, EdD, MA, Associate Professor of Medicine, Executive Director, Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School Drawing on years of experience as a geriatric social worker and mindfulness-based stress reduction practitioner, the author has taken Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program and adapted it to the particular needs of elders, their families, and professional caregivers. Mindfulness practices focus on abilities, rather than disabilities, in order to provide paths to the inner strengths and resources that we all possess. McBee's Mindfulness-Based Elder Care conveys the benefits of mindfulness through meditation, gentle yoga, massage, aromatherapy, humor, and other creative therapies to this special population. She provides clear, concise instructions for her program, as well as a wealth of anecdotal and experiential exercises, to help readers at all levels of experience. Hers is the first book to fully explore the value of mindfulness models for frail elders and their caregivers. Features of this groundbreaking volume include: Valuable tips for establishing programs to address each population's specific needs and restrictions Designed for short classes or 8-week courses Detailed experiential exercises for the reader Replete with case studies Clear, easy-to-follow instructions for elders and caregivers at all levels This innovative book is suitable for use with a variety of populations such as nursing home residents with physical and cognitive challenges, community-dwelling elders, direct-care staff, and non-professional caregivers.

Mindfulness-Based Elder Care

Your teen years are a time of change, growth, and—all too often—psychological struggle. To make matters worse, you are often your own worst critic. The Self-Compassion Workbook for Teens offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criticism, cultivate compassion toward yourself and others, and embrace who you really are. As a teen, you're going through major changes—both physically and mentally. These changes can have a dramatic effect on how you perceive, understand, and interpret the world around you, leaving you feeling stressed and anxious. Additionally, you may also find yourself comparing yourself to others—whether its friends, classmates, or celebrities and models. And all of this comparison can leave you feeling like you just aren't enough. So, how can you move past feelings of stress and insecurity and start living the life you really want? Written by psychologist Karen Bluth and based on practices adapted from Kristin Neff and Christopher Germer's Mindful Self-Compassion program, this workbook offers fun and tactile exercises grounded in mindfulness and self-compassion to help you cope more effectively with the ongoing challenges of day-to-day life. You'll learn how to be present with difficult emotions, and respond to these emotions with greater kindness and self-care. By practicing these activities and meditations, you'll learn specific tools to help you navigate the emotional ups and downs of the teen years with greater ease. Life is imperfect—and so are we. But if you're ready to move past self-criticism and self-judgment and embrace your unique self, this compassionate guide will light the way.

The Self-Compassion Workbook for Teens

A follow up from the bestselling Self-Compassion, this book shows why it is more urgent than ever that women acknowledge their areas of suffering, celebrate their inner voice and challenge the male-orientated status quo. The book will draw on Kristin Neff's own life story as well as the stories of other women to show how readers can harness self-compassion and gain the strength, clarity and courage needed to be resilient and stand up for themselves in our male-dominated society. She'll explore core issues such as gender differences, why we aren't more compassionate to ourselves, and what women do for love. With expert research, concrete tools and easy-to-follow mindfulness practices, this book will empower women to let go of self-criticism, draw boundaries and become fierce.

Fierce Self-Compassion

From the 14th until the 19th century the last novella of Boccaccio's Decameron, also known as the Griselda story, has been translated and adapted countless times in many European languages. This story's success can be explained by considering it a myth and analysing how this myth engages with contemporary discourses, such as the definition of the ideal wife, the querelle des femmes, the socio-political consequences of social exogamy, and tyranny.

The Patient Griselda Myth

What kinds of questions do experienced clinicians ask themselves when meeting a new client for the first time? What are the main issues that must be explored to gain a basic grasp of each individual's unique psychology? How can clinical expertise be taught? From the author of Psychoanalytic Diagnosis, the volume takes clinicians step-by-step through developing a dynamic case formulation and using this information to guide and inform treatment decisions. Synthesizing extensive clinical literature, diverse psychoanalytic viewpoints, and empirical research in psychology and psychiatry, Nancy McWilliams does more than simply bring assessment to life - she illuminates the entire psychotherapeutic process.

Psychoanalytic Case Formulation

Ethics, Politics and Justice in Dante presents new research by international scholars on the themes of ethics, politics and justice in the works of Dante Alighieri, including chapters on Dante's modern 'afterlife'. Together the chapters explore how Dante's writings engage with the contemporary culture of medieval Florence and Italy, and how and why his political and moral thought still speaks compellingly to modern readers. The collection's contributors range across different disciplines and scholarly traditions – history, philology, classical reception, philosophy, theology – to scrutinise Dante's Divine Comedy and his other works in Italian and Latin, offering a multi-faceted approach to the evolution of Dante's political, ethical and legal thought throughout his writing career. Certain chapters focus on his early philosophical Convivio and on the accomplished Latin Eclogues of his final years, while others tackle knotty themes relating to judgement, justice, rhetoric and literary ethics in his Divine Comedy, from hell to paradise. The closing chapters discuss different modalities of the public reception and use of

Dante's work in both Italy and Britain, bringing the volume's emphasis on morality, political philosophy, and social justice into the modern age of the nineteenth, twentieth, and twenty-first centuries.

Ethics, Politics and Justice in Dante

HMSBA is Harvey Miller Studies in Baroque Art.

Caravaggio and Pictorial Narrative

Mikael Hörnqvist challenges us to rethink the overall meaning and importance of Machiavelli's political thinking. *Machiavelli and Empire* combines close textual analysis of *The Prince* and *The Discourses* with a broad historical approach, to establish the importance of empire-building and imperial strategy in Machiavelli's thought. The primary context of Machiavelli's work, Hörnqvist argues, is not the mirror-for-princes genre or medieval and Renaissance republicanism in general, but a tradition of Florentine imperialist republicanism dating back to the late thirteenth-century, based on the twin notions of liberty at home and empire abroad. Weaving together themes and topics drawn from contemporary Florentine political debate, Medicean ritual and Renaissance triumphalism, this study explores how Machiavelli in his chancery writings and theoretical works promoted the long standing aspirations of Florence to become a great and expanding empire, modelled on the example of the ancient Roman republic. This is a distinctive and important work.

Machiavelli and Empire

Do bi- and multilinguals perceive themselves differently in their respective languages? Do they experience different emotions? How do they express emotions and do they have a favourite language for emotional expression? How are emotion words and concepts represented in the bi- and multilingual lexicons? This ground-breaking book opens up a new field of study, bilingualism and emotions, and provides intriguing answers to these and many related questions.

Bilingual Minds

A crucial question throughout the Middle Ages, the relationship between body and spirit cannot be understood without an interdisciplinary approach – combining literature, philosophy and medicine. Gathering contributions by leading international scholars from these disciplines, the collected volume explores themes such as lovesickness, the five senses, the role of memory and passions, in order to shed new light on the complex nature of the medieval Self.

Body and Spirit in the Middle Ages