

(Philosophy, Psychology)

Original publisher: Sefer Books

Original Language: Italian

First publication: 2016

Rights: Available

3.480

Cabrata UG (haftungsbeschränkt)
Editorial projects, Literary Agency



Troppo amore! *Laura Tappatà*

pp. 122

"It's my god: If he doesn't want me, or we're not together, I don't exist."

Too much Love!

This text wants to reflect on a serious and frequent question: how can a woman accept physical and metaphysical violence from her partner? And is it possible to love too much?

The answer is yes. Whenever we justify excesses, when our relationship puts our emotional well-being, our health and safety at risk, when we adapt to everything thinking that if we are affectionate, understanding, attractive, our partner will change attitudes, just out of love for us, in that case we are in danger of loving too much. Love, for emotional dependent, is obsessive, suffocating, parasitic. The love patient is a one-way "donor" of love, he is an intoxicated person who feels a psychological and physiological malaise as if he were addicted to some substance; what can we do to counter this?

And as women, we can experience our value both when we take care of others, but also when we accept the healthy ambition of wanting to take the stage as protagonists, never victims of anyone or any feelings.



Laura Tappatà graduated in Philosophy with a degree in Psychology from the Università Cattolica, is Professor of Educational Work Psychology, she is also professor of Relationship

Management Laboratory, Education and Training Sciences, as a professor she has held a series of seminars in Psychology of Personality. She has been a contract lecturer at the Catholic University for twelve years. She has had and maintains various activities as a lecturer in various associations. She has participated in the Scientific Committee of the 2014 edition of the National Award for Scientific Dissemination (Italian Book Association) and is an EWWA (European Writing).

Other titles by Laura Tappatà: Stay Focused (Lupetti, 2011), Beyond Well-Being: The Fascination of Risk and of the New Psychological Addictions, (Nova Science Publishers, USA, 2013), Troppo Amore! Donne e passioni tristi, (SEFER Books, 2013).