



# Ora raggiungimi (Spiritualità e benessere) (Italian Edition)

*Nadia Forte*

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## **Ora raggiungimi (Spiritualità e benessere) (Italian Edition)** Nadia Forte

Un testo interamente dedicato all'amore: con delicatezza e leggerezza l'autrice, partendo dalla sua esperienza personale, accompagna per mano il lettore lungo le varie tappe della vita che ogni individuo attraversa.

L'obiettivo è riscoprire l'amore per la vita, per se stessi e per il prossimo, cercando con pazienza di risvegliare nell'interiorità quella luce preziosa che spesso tendiamo a dimenticare e quel patrimonio di talenti e bellezze che custodiamo.

Parte fondamentale è quella dedicata all'amore inteso come innamoramento e vita di coppia: con ironia Nadia Forte illustra le varie tipologie di uomini e donne, le differenze che vivono nel maschile e nel femminile e le possibilità che abbiamo per vivere un rapporto con l'altro sesso basato sul rispetto.

Quest'opera vuole essere un raggio d'amore che l'autrice, dopo anni d'intenso lavoro interiore e crescita personale, lancia all'umanità con la preghiera di un raggiungimento non solo personale, ma anche collettivo e universale. Un raggiungimento nell'amore incondizionato che, come un'onda, avvolga completamente tutti gli esseri umani e il Creato.

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