

Apláudete a ti mismo

Applaud Yourself



Author: [Monia Presta](#) [1]

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The book recounts the real stories of the author's patients who display problems and behaviours which are very common nowadays (self-esteem, sexual emotional disorders) and explains how these have been overcome by art therapy. In Monia Presta's consulting rooms, drama, music, dance and painting help patients to externalise and become aware of their emotions so as to re-live them and learn from them. Her aim is for patients to come to know themselves and identify the origin of their problems in order to deal with them by means of creativity and the power of self-esteem. Disappointments in love, which lead to paralysing emotional insecurity or a variety of other disorders, are analysed and overcome.

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