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Il dono del rancore *Laura Tappatà*

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Feeling resentment is not an expression of fragility but an awareness of the suffering felt, listening to anger and welcoming one's own nature.

The gift of rancour

The grudge evokes the acrid and disgusting smell of rancidity, it mixes with rancidity, envy, anger, revenge while forgiveness is ransom to find peace, is a positive attitude. In this essay he urges us to seek a different perspective and, letting ourselves be guided by philosophical reflection, to see something that we had not seen before.

Forgiveness is a paradox while rancor is an expression of our human nature because every offence directed at ourselves is a narcissistic wound and defending our survival is a legitimate mental and physiological response. Every crack in our identity causes grief and pain needs time to work, breathe and regain balance.

The intellectual challenge behind this book leads us to take a step back to look at things from a different perspective and, with a changed look, to see something that we had not seen before. Just as the gift is a surprise, an unexpected gift, the balanced exercise of resentment can also become a tool to achieve greater personal awareness, a form of wisdom and mental empowerment.

To hold a grudge does not mean to hate or seek revenge, but only to live with the idea that certain wounds are truly unforgivable. It means honouring the pain felt without exhibitionism or victimhood. Is it really realistic to continue to think that you can heal certain wounds with a forgiveness that is truly authentic? If we want to confront ourselves with intellectual honesty and a mind freed from cultural, moral and religious conditioning, the answer is no.

What is certain is that we must abandon the masks of goodism and focus on the need to overcome old and unnecessarily suffocating dichotomies: good and evil, correct and incorrect, virtuous and wicked.



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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).