



The Present Moment and Giving Oneself as a Gift

Gianluca Castelnovo, Emanuele Cappella, Chiara Spatola & Enrico Molinari

Journal for Perspectives of Economic Political and Social Integration 19 (1-2):229-241 (2014)

Abstract

The contemporary individual is immersed in a reality characterized by a rapid sequence of stimuli and actions and he is often unable to fully live the present moment. Several authors in the field of psychology have discussed on the individual's ability to live his own experience in the present moment, each highlighting some peculiar aspects and potential of this concept within their models. The major aim of the present article is to discuss these different psychological perspectives moving from more traditional models such as Gestalt psychotherapy and Psychoanalysis to contemporary approaches such as Mindfulness-based Cognitive therapy and Acceptance and Commitment Therapy, and to highlight some points of convergence between such approaches and Chiara Lubich's thought. In fact Lubich investigated the concept of the present moment from a spiritual perspective, drawing on the life experience inspired by the charisma of unity.

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ISBN(s)

DOI

10.2478/v10241-012-0019-1

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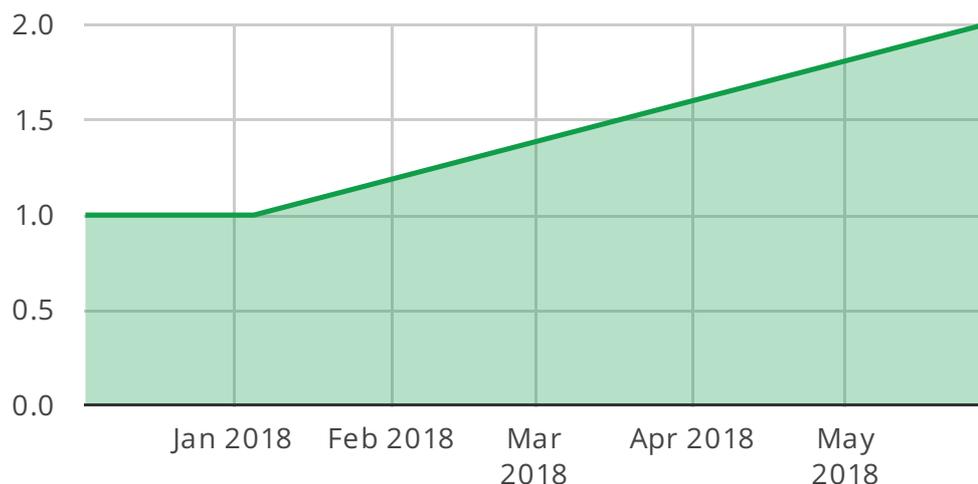
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