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Autore	Declerck Michèle
Titolo	Le Principe de Précaution : Ou Comment Rater Sa Vie en Essayant de la Sauver
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Sommario/riassunto	Michèle Declerck's book explores the pervasive influence of the precautionary principle in Western societies, examining how it affects both societal norms and individual lives. The work delves into the psychological and personal impacts of living under constant caution, from childhood through adulthood. It discusses how this principle leads to a life of avoidance and missed opportunities, potentially resulting in various pathologies. Declerck, a psychologist and psychoanalyst, aims to highlight the need for a balance between necessary precautions and living a fulfilling life. The book is intended for those interested in psychology, sociology, and self-reflection.