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Sommario/riassunto	The title of this book takes us on an imaginary voyage to a distant land where people live in extremely difficult and uncomfortable climatic and environmental conditions. In the same way, psychotic and autistic patients seem to experience an emotional inner world characterized by loneliness and coldness. This frozen world of emotions is also reflected in the transference and prevents the formation of the therapeutic alliance, which is indispensable for the therapy to develop. The author compares the characteristics of autistic child psychotherapies and those of the adult cases illustrated.