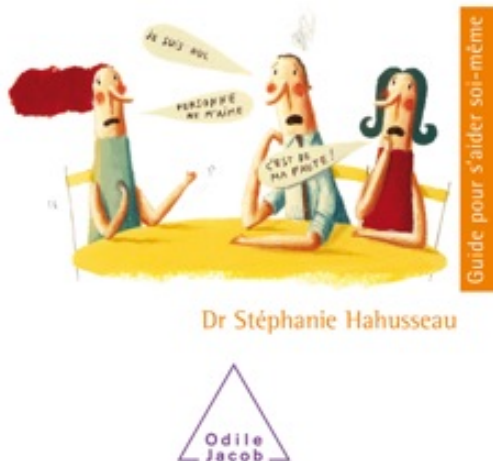


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Comment ne pas se gâcher la vie



Read Comment ne pas se gâcher la vie Stéphanie Hahusseau le livre en ligne PDF EPUB mobi, D'où viennent ces voix intérieures qui vous gâchent la vie : " je ne vauX rien ", " personne ne s'intéresse à moi ", " je me fais toujours avoir "? Pourquoi les mêmes souffrances ? Les mêmes erreurs ? A l'origine, il y a sans doute, dans votre enfance, un besoin inassouvi : être aimé, protégé, valorisé. Se met alors en place un schéma de vie, qui, à l'âge adulte, pèse sur vos conduites, vos émotions, vos façons de réagir. C'est ce processus que Stéphanie Hahusseau vous explique dans ce guide pratique : - Identifiez votre " schéma de vie " et vos besoins affectifs non satisfaits. - Apprenez à ne plus en être victime, à soigner vos blessures, et à penser différemment. Un livre très concret, pour partir à la découverte de vous-même et changer de vie. Ancienne interne des hôpitaux, Stéphanie Hahusseau est médecin psychiatre à Toulouse. Elle est spécialiste de l'étude et du traitement psychothérapique des

troubles de la personnalité.

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