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FRÉDÉRIC FANGET

JE ME LIBÈRE



Read Je me libère Frédéric Fanget le livre en ligne PDF EPUB mobi, « J'ai besoin qu'on m'aime, je ne dois pas décevoir... Tu dois faire toujours mieux, faire plaisir aux autres... On doit réussir, mériter sa place, être conforme... »

Il y a en nous une voix intérieure qui nous parle sans cesse et qui alimente notre anxiété. Source de nos difficultés, elle porte aussi nos valeurs : altruisme, envie de bien faire, sens de l'effort, désir de réussite, de perfection...

Comment résoudre cette ambivalence entre ces exigences personnelles qui parfois nous font avancer et parfois nous oppressent ? Comment gérer cette voix critique intérieure qui dicte nos comportements ? Comment s'en libérer ?

En s'appuyant sur son expérience de psychothérapeute, Frédéric Fanget propose, pour la première fois en psychologie, une solution apaisante pour mieux comprendre, mieux gérer cette apparente contradiction et enfin s'en libérer.

Une nouvelle façon de penser sa vie.

Frédéric Fanget est médecin psychiatre et psychothérapeute. Il enseigne à l'université Lyon-I. Il est l'auteur d'immenses succès comme *Affirmez-vous ! Pour mieux vivre avec les autres* (2002, 2011), *Oser. Thérapie de la confiance en soi* (2003), *Toujours mieux ! Psychologie du perfectionnisme* (2006), *Oser la vie à deux* (2010).

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