

Read Le Guide De Psychologie De La Vie Quotidienne Le Livre En Ligne PDF EPUB Mobi- Christophe André



Read Le guide de psychologie de la vie quotidienne Christophe André le livre en ligne PDF EPUB mobi, Comment être bien dans sa vie, en amour, en famille, au travail ? Comment vivre en paix avec soi, se sentir bien à deux et s'épanouir avec les autres ? Ce guide informe et donne des conseils sur les questions qui préoccupent chacun d'entre nous : l'estime de soi, les relations avec les autres, l'amour, la vie de couple, la sexualité, l'éducation des enfants, l'épanouissement personnel et la réussite professionnelle, les épreuves de la vie. Il aide aussi à faire face aux souffrances psychologiques comme l'anorexie, la drogue, le TOC ou la dépression. Il explique comment s'orienter, si besoin, vers une psychothérapie, et dans quels cas des médicaments peuvent être nécessaires.

- Un guide complet, personnel et familial pour s'épanouir et aider son entourage.
- Des outils pour communiquer, méditer, cultiver lucidité et recul sur ses pensées et ses émotions, modifier ses comportements.
- Des tests et des conseils concrets pour faire le point et agir.

Christophe André est psychiatre et psychothérapeute, auteur notamment de *Imparfaits, libres et heureux*. Il a réuni dans ce guide des médecins, psychiatres et psychologues qui

comptent parmi les meilleurs spécialistes : C. Brunet, F. Chapelle, L. Chneiweiss, C. Cungi, H. Duchesne-Billié, N. Duchesne, J.-L. Émery, F. Fanget, E. Granier, P. Graziani, S. Hahusseau, B. Koeltz, G. Lagrue, P. Lamy, G. Macqueron, F. Millet-Bartoli, C. Mirabel-Sarron, J.-L. Monestès, F. Nef, S. Orain-Pélissolo, A. Pélissolo, C. Penet, D. Pleux, P. Presles, N. Quintard, S. Roy, S. Royant-Parola, A. Sabouraud-Séguin, A. Sauteraud, D. Servant, J. Siaud-Facchin, Y. Simon, C. Solano, L. Vera.

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