

# Read Le Piège Du Bonheur Le Livre En Ligne PDF EPUB Mobi- Russ Harris



**Read Le piège du bonheur Russ Harris le livre en ligne PDF EPUB mobi**, Êtes-vous, comme des millions de personnes, tombé dans le piège du bonheur? Selon l'auteur, notre quête du bonheur et les moyens que nous prenons pour y arriver finissent par nous rendre malheureux. Notre volonté d'être heureux à tout prix contribue à la recrudescence du stress, de l'anxiété et de la dépression. Cet ouvrage présente les techniques de la thérapie ACT, une nouvelle psychothérapie révolutionnaire basée sur les plus récentes recherches en psychologie du comportement. Ces techniques vous aideront : · à réduire le stress et les inquiétudes; · à composer plus efficacement avec les pensées et les émotions douloureuses; · à briser vos habitudes autodestructrices; · à surmonter l'insécurité et le doute; · à construire une vie riche et pleine de sens. En clarifiant vos valeurs et en vivant pleinement le moment présent, vous échapperez au piège illusoire du bonheur et vous vous sentirez enfin comblé par la vie.

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