

Read Les Pervers Narcissiques Le Livre En Ligne PDF EPUB Mobi- Jean-Charles Bouchoux

Jean-Charles Bouchoux

Les pervers narcissiques

Qui sont-ils ? Comment fonctionnent-ils ?
Comment leur échapper ?



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La plupart du temps nous ne voyons rien venir. L'histoire a même très bien commencé. Et bientôt tous les signes sont là : nous culpabilisons, nous nous dévalorisons, nous ne parvenons plus à être nous-mêmes, nous aimerions confusément nous éloigner de lui ou d'elle mais n'en trouvons pas le courage... Nous avons affaire à un pervers narcissique.

Qui est-il ? Comment fonctionne-t-il ? Comment lui échapper ?

L'auteur s'attache à décrire la personnalité perverse narcissique à travers son fonctionnement au quotidien : le refus de la réalité, le détournement de la parole, la culpabilisation de l'autre, l'impossibilité de se séparer. Il s'interroge sur les origines de la perversion remontant à

l'enfance et donne aux victimes de pervers des pistes pour contrecarrer les tentatives de manipulation ou d'emprise.

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