

Read Personnalités Toxiques Le Livre En Ligne PDF EPUB Mobi- Bernardo Stamateas



Read Personnalités toxiques Bernardo Stamateas le livre en ligne PDF EPUB mobi, Qui n'a pas un jour été confronté à un chef autoritaire, un collègue manipulateur, un voisin cancanier, des parents culpabilisateurs, un ami envieux, un conjoint jaloux, ou d'éternels insatisfaits... ? Qu'on le veuille ou non, notre vie quotidienne et faites de relations toxiques qui nous causent de l'inconfort et peuvent nous éloigner de nos objectifs ou même ruiner nos rêves. Si certaines relations sont saines et constructives, d'autres peuvent s'avérer néfastes et destructives. Ce livre a pour but de décrire les différentes personnalités toxiques que nous devons gérer chaque jour que ce soit au travail, dans les administrations, à l'école ou dans un cercle plus intime. Comment reconnaître les personnes «toxiques» ? Comment s'en protéger et fixer des limites ?

Bernardo Stamateas répond à ces questions avec clarté et conviction. Il dresse clairement et simplement le portrait des individus qui empoisonnent notre existence afin que chacun

puisse les reconnaître et se défaire de leur emprise. Véritable outil de coaching personnel pour retrouver son indépendance psychologique, Personnalités toxiques a déjà séduit près de 700.000 lecteurs dans le monde. Êtes vous prêt changer votre vie ?

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