



Que faire de nos Emotions ? (French Edition)

By Régis Fagot-Barraly



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A quoi servent nos émotions ? Comment y faire face lorsqu'elles surgissent à l'improviste ? Comment les vivre de manière plus confortable, et profiter de l'énergie considérable qu'elles nous apportent ? Ce livre apporte des explications claires et concrètes, sur la base d'exemples vivants, couvrant toute la gamme des émotions connues. A la fin de l'ouvrage, une "boite à outils émotionnelle" regroupe des techniques très utiles. 168 pages, 36 photos et illustrations

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