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PATRICIA GRÉVIN

J'AI DES  
**ACOUPHÈNES**  
CAUSES ÉMOTIONNELLES  
& SOLUTIONS ADAPTÉES



**Download or Read Online J'ai des acouphènes : Causes émotionnelles et solutions adaptées Patricia Grévin Free eBook PDF/ePub/Mobi/Mp3/Txt**, L'auteur donne la parole à ces personnes qui souffrent d'acouphènes chroniques ou (et) d'hyperacousie. Homme ou femme, jeune ou moins jeune, en activité ou à la retraite, elles expriment au travers de leurs propos leur souffrance et leurs interrogations. En tant que sophrologue et sophro-analyste, l'auteur les écoute, les accompagne tout au long de leur parcours personnel et découvre avec elles les solutions adaptées pour : comprendre comment les symptômes se sont installés de façon chronique soulager et apaiser leur souffrance émotionnelle les aider à aller vers leurs objectifs de vie avec plus de sérénité. Une approche inédite de prise en charge des acouphènes chroniques et de l'hyperacousie, dans le cadre d'une approche strictement médicale et pluridisciplinaire, proposée par une ancienne patiente acouphénique devenue sophrologue.

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