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FRÉDÉRIC FANGET

JE ME LIBÈRE



libérer.

Une nouvelle façon de penser sa vie.

Frédéric Fanget est médecin psychiatre et psychothérapeute. Il enseigne à l'université Lyon-I. Il est l'auteur d'immenses succès comme *Affirmez-vous ! Pour mieux vivre avec les autres* (2002, 2011), *Oser. Thérapie de la confiance en soi* (2003), *Toujours mieux ! Psychologie du perfectionnisme* (2006), *Oser la vie à deux* (2010).

Download or Read Online Je me libère Frédéric Fanget Free eBook PDF/ePub/Mobi/Mp3/Txt, « J'ai besoin qu'on m'aime, je ne dois pas décevoir... Tu dois faire toujours mieux, faire plaisir aux autres... On doit réussir, mériter sa place, être conforme... »

Il y a en nous une voix intérieure qui nous parle sans cesse et qui alimente notre anxiété. Source de nos difficultés, elle porte aussi nos valeurs : altruisme, envie de bien faire, sens de l'effort, désir de réussite, de perfection...

Comment résoudre cette ambivalence entre ces exigences personnelles qui parfois nous font avancer et parfois nous oppressent ? Comment gérer cette voix critique intérieure qui dicte nos comportements ? Comment s'en libérer ?

En s'appuyant sur son expérience de psychothérapeute, Frédéric Fanget propose, pour la première fois en psychologie, une solution apaisante pour mieux comprendre, mieux gérer cette apparente contradiction et enfin s'en

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