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LISA LETESSIER

LA RUPTURE AMOUREUSE



Download or Read Online La Rupture amoureuse Lisa Letessier Free eBook PDF/ePub/Mobi/Mp3/Txt, Tout le monde, une fois dans sa vie, a vécu une rupture amoureuse. Décrite par certains comme un véritable tsunami émotionnel, elle fait partie des événements les plus difficiles à traverser. La souffrance qu'elle induit tout comme son impact sur la santé sont pourtant encore très souvent sous-estimés.

S'appuyant sur ces différents constats, Lisa Letessier se propose justement de vous accompagner dans cette période difficile, en vous aidant à faire votre deuil, mais aussi à vous défaire de certains schémas d'attachement négatifs.

Grâce à ce livre, vous allez comprendre pourquoi une rupture amoureuse peut faire autant souffrir. Vous allez apprendre à agir grâce à une méthode originale spécifiquement conçue pour vous aider. Au terme des 12 semaines d'exercices que vous aurez pratiqués chez vous, vous pourrez, enfin, recommencer à vivre !

Lisa Letessier est psychologue cognitivo-comportementaliste, spécialisée dans la pleine conscience et dans la thérapie des schémas. Elle exerce à Paris, notamment à l'Hôpital européen Georges-Pompidou.

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