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MOÏRA MIKOLAJCZAK
ISABELLE ROSKAM
**LE BURN-OUT
PARENTAL**
L'ÉVITER ET S'EN SORTIR



Download or Read Online Le Burn-out parental Moïra Mikolajczak Free eBook PDF/ePub/Mobi/Mp3/Txt, Vous voulez être un bon parent, bienveillant, attentif, chaleureux, disponible. En un mot, parfait ! En réalité, vous culpabilisez de ne pas passer assez de temps auprès de vos enfants, de ne pas les avoir assez écoutés, de vous être emporté pour trois fois rien...

Ce livre s'adresse à tous les parents épuisés qui cherchent à comprendre ce qu'est le burn-out parental, à quel point ils en sont proches ou éloignés, comment ils en sont arrivés là. Et, surtout, comment s'en sortir et éviter que cela se produise à nouveau.

Des éclairages et des témoignages issus de plusieurs études de terrain vont vous aider à mieux comprendre la manière dont le burn-out parental se développe et quelles sont ses conséquences. Des tests pratiques vous permettront de faire le point sur votre situation personnelle, et des conseils concrets vous aideront à reprendre le dessus.

Un livre pour retrouver des forces et savourer à nouveau la joie d'être parent.

Moïra Mikolajczak et Isabelle Roskam sont toutes les deux docteurs en psychologie, professeures à l'Université de Louvain et directrices de recherche. Isabelle Roskam consulte dans le domaine de la parentalité et Moïra Mikolajczak dans le domaine du stress et du burn-out. Ces deux chercheuses viennent de clôturer six études de terrain sur le burn-out parental.

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If you realise your le burn-out parental so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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