



Connaître Ses Réactions Émotionnelles Pour Maîtriser Ses Émotions

Chantal Dumont



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Connaître ses réactions émotionnelles, pour maîtriser ses émotions Chantal Dumont, 2012

Colère, agressivité, angoisse, anxiété peuvent être maîtrisés grâce à la compréhension des situations qui provoquent ces réactions émotionnelles toxiques. Cet ouvrage vous guide pas pas avec exercices, activités, l'appui vers une observation intérieure. Vous apprendrez à décrypter vos émotions types spontanées qui vous dérangent fortement. Vous comprendrez pourquoi vous ressentez des émotions négatives telles que la colère, l'anxiété ou l'angoisse si puissantes et si difficiles à vivre. Ces réactions motivées rendent vos relations personnelles et sociales instables jusqu'à vous isoler dans certaines circonstances. Systématiquement vous réagissez de manière disproportionnée face à certaines situations qu'elles soient personnelles ou professionnelles. Vous allez pouvoir rompre ce cercle infernal et vous libérer. Grâce au cadre d'analyse expliqué, force de schémas et d'activités de mises en situation, vous allez pouvoir identifier les événements, les moments de vie qui vous perturbent.

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **Connaicirtre Ses Reacuteactions Eacutemotionnelles Pour Maicirtriser Ses Eacutemotions** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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