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Pierre Massot

EMOTION.

7 étapes
pour se comprendre

Préface de Fabrice Midal




Albin Michel

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Dr. James P. Manning



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Comment comprendre et se connecter à vos émotions Dr. James P. Manning, 2025-09-01 Ceci est un livre pour les personnes qui ont pers v r travers le stress le silence la honte et la douleur de se sentir incomprises Peut tre as tu d tre celui ou celle qui reste fort Une personne qui coute plus qu elle ne parle Quelqu un qui a tant fait pour aider les autres tout en ignorant ses propres besoins Peut tre as tu fait cela pendant des ann es alors que tout au long de ce temps quelque chose en toi attendait d sesp r ment d tre entendu Peut tre que cette voix int rieuse demandait Quand viendra mon tour Ce n est pas un livre d auto assistance de plus c est une invitation se connecter et donner du sens m me aux motions les plus difficiles atteindre travers des r cits puissants de patients en th rapie tu d couvriras ce que signifie renouer avec tes ressentis apr s des ann es de d connexion motionnelle ou de surcharge motionnelle L anxi t l engourdissement et la honte ne sont pas des d fauts ce sont des strat gies de survie Ce livre t aide couter ce que ton corps et ton syst me nerveux essaient de te dire depuis des ann es En alliant neurosciences compr hension du trauma et r cit empreint de compassion ce livre offre plus que du savoir il offre une pr sence Il viendra te rencontrer dans ton monde int rieur et donnera une voix ton corps Comprendre et se connecter ses motions a t crit pour toi si Tu as souvent le sentiment d tre trop ou pas assez Tu as du mal nommer tes motions ou leur faire confiance Tu as toujours aid les autres mais tu as eu l impression de ne pas pouvoir t aider toi m me Tu es pr t e te sentir plus connect e mais tu ne sais pas par o commencer Gr ce des outils pratiques et des exercices motionnels centr s sur le corps tu apprendras non seulement g rer tes motions mais aussi construire une relation avec elles Une relation fond e sur la confiance pas sur la peur Quelqu un qui a t l o tu es a crit ce livre quelqu un qui a suivi un chemin similaire non seulement en tant que th rapeute mais en tant qu tre humain Quelqu un qui a appris que la gu rison ne vient pas en repoussant les motions mais en les accueillant Viens tel le que tu es C est ton moment maintenant Lis Comprendre et se connecter ses motions pour commencer la relation la plus importante de ta vie celle avec toi m me **E.M.O.T.I.O.N**

Catherine Aimelet-Périssol, Pierre Massot, 2015-04-01 **EMOTION** Catherine Aimelet-Périssol, Pierre Massot (consultant.), 2015 *Comment comprendre et se connecter à vos émotions* JAMES P. MANNING, 2025-09-04 Ceci est un

livre pour les personnes qui ont pers v r travers le stress le silence la honte et la douleur de se sentir incomprises Peut tre as tu d tre celui ou celle qui reste fort Une personne qui coute plus qu elle ne parle Quelqu un qui a tant fait pour aider les autres tout en ignorant ses propres besoins Peut tre as tu fait cela pendant des ann es alors que tout au long de ce temps quelque chose en toi attendait d sesp r ment d tre entendu Peut tre que cette voix int rieuse demandait Quand viendra mon tour Ce n est pas un livre d auto assistance de plus c est une invitation se connecter et donner du sens m me aux motions les plus difficiles atteindre travers des r cits puissants de patients en th rapie tu d couvriras ce que signifie renouer avec tes ressentis apr s des ann es de d connexion motionnelle ou de surcharge motionnelle L anxi t l engourdissement et la honte ne sont pas des d fauts ce sont des strat gies de survie Ce livre t aide couter ce que ton corps et ton syst me nerveux essaient de

te dire depuis des années En alliant neurosciences compréhension du trauma et récit empreint de compassion ce livre offre plus que du savoir il offre une présence Il viendra te rencontrer dans ton monde intérieur et donnera une voix ton corps Comprendre et se connecter ses motions a t crit pour toi si Tu as souvent le sentiment d'être trop ou pas assez Tu as du mal nommer tes motions ou leur faire confiance Tu as toujours aidé les autres mais tu as eu l'impression de ne pas pouvoir t'aider toi même Tu es prêt à te sentir plus connecté mais tu ne sais pas par où commencer Grâce des outils pratiques et des exercices motionnels centrés sur le corps tu apprendras non seulement gérer tes motions mais aussi construire une relation avec elles Une relation fondée sur la confiance pas sur la peur Quelqu'un qui a t l o tu es a crit ce livre quelqu'un qui a suivi un chemin similaire non seulement en tant que thérapeute mais en tant qu'être humain Quelqu'un qui a appris que la guérison ne vient pas en repoussant les motions mais en les accueillant Viens tel le que tu es C'est ton moment maintenant *Gère tes émotions !* Martine Prat, 2025-05-12

Que se passe-t-il en moi ? Isabelle Filliozat, 2001 Vous pleurez devant un film mais pas dans la vie Vous êtes lassés des disputes qui secouent votre couple Vous vous nervez sans raison et rugissez contre vos enfants Vous restez interdit devant les larmes de votre conjoint Vous avez du mal vous affirmer devant votre patron Vous vous mettez facilement en colère avec vos collaborateurs Vous paniquez devant un auditoire Vous avez peur de l'avion de l'eau ou des araignées Vous ne savez pas dire non Vous avez l'impression que les autres vous veulent du mal Vous vous sentez fatigué pressé Ce livre vous est destiné Insensible ou trop sensible vous ne savez pas gérer vos motions Apprenez vous en libérer en les libérant Les clés de votre succès social et professionnel Laisance la clarté l'authenticité dans les relations Les clés de la réussite de votre couple et de votre famille La communication la sincérité l'intimité des sentiments Les clés de votre bonheur La guérison du passé le courage d'être vous même de trouver votre voie Voici un véritable guide ponctué d'exercices simples pour vous retrouver vous ouvrir vous épanouir en vivant librement selon votre cœur

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