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Lire des ebooks Détruite Hélène Montel PDF, ePub, mobi, Parfois, une relation amoureuse nous détruit, au lieu de nous épanouir. Hélène Montel, victime d'un manipulateur, relate la manière insidieuse, sournoise, mais terriblement efficace utilisée par son mari afin de l'anéantir, tant psychologiquement que physiquement.

Humiliée, déstabilisée, elle trouve le courage d'échapper à Dominique qui, tel un vampire affectif, n'a de cesse de la vider de toute volonté et d'esprit critique. À force de combats contre ses propres peurs et fantômes, Hélène parviendra pourtant à se reconstruire et à aimer de nouveau.

Comment procède un pervers narcissique ? Comment lui échapper ? Et surtout, comment se reconstruire après avoir été victime d'un tel prédateur?

Au-delà du témoignage, ce livre est un message d'espoir donné aux femmes sous emprise.

En complément de ce récit, une psychologue donne son point de vue.

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