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Lire des ebooks J'aide mon enfant à développer son estime de soi Bruno Hourst PDF, ePub, mobi, Que comprendre derrière certains comportements dérangeants d'un enfant ou d'un adolescent ? Pourquoi l'agressivité, la violence ou la passivité ? Pourquoi le sentiment d'être mal aimé, l'autodénigrement ou le refus de l'école ? Sans doute une difficulté à s'estimer... La notion d'estime de soi est donc à remettre au centre de tout projet éducatif.

Ce livre, mêlant conseils, pistes d'action et de réflexion vous aidera, au jour le jour, à construire l'estime de soi de votre enfant-et la vôtre, par la même occasion. Des conseils Des exercices Des exemples

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