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Cette **méthode très simple** vous donne les armes pacifiques pour **faire de chaque échange un moment privilégié**. Basé sur de nombreux témoignages et les expériences des auteurs, découvrez dans ce livre comment :

Mieux comprendre votre propre fonctionnement pour mieux exprimer vos véritables besoins et respecter ceux de vos interlocuteurs ;

Communiquer sereinement en vous servant de l'empathie, outil formidable qui fluidifiera vos échanges !

En famille, en couple, au travail ou encore dans les transports, apprenez enfin le bon langage pour **retrouver l'harmonie** !

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