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Lire des ebooks La confiance en soi, une philosophie Charles Pépin PDF, ePub, mobi, Le livre qui éclaire les mystères de la confiance en soi.

D'où vient la confiance en soi ? Comment fonctionne-t-elle ? Qu'est-ce qui la renforce ? L'affaiblit ? Pourquoi certaines personnes sont-elles plus confiantes que d'autres ? Est-ce une question de tempérament ? Le fruit d'un travail sur soi ? Un regard sur le monde ? Quelle relation la confiance en soi entretient-elle avec la confiance en autrui, avec la confiance en la vie même ?

En puisant dans les grands textes de la philosophie et des sagesse anciennes, dans les travaux des psychanalyses et des psychologues, mais aussi dans l'expérience de grands sportifs, d'artistes ou d'anonymes, Charles Pépin éclaire le mystère de la confiance en soi.

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