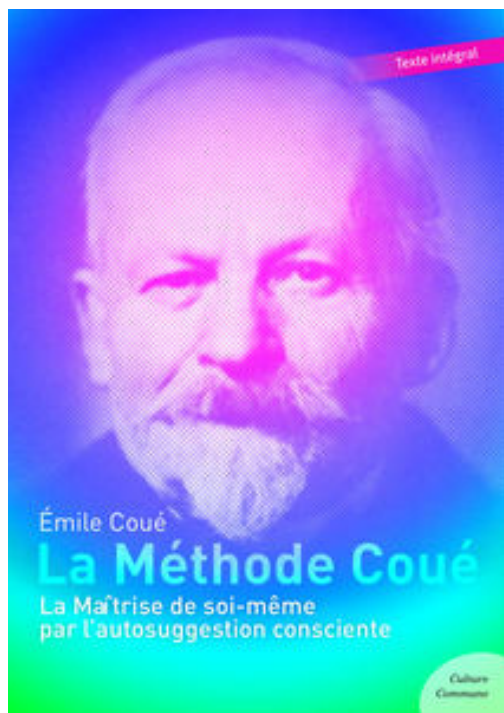


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Texte intégral. Cet ouvrage a fait l'objet d'un véritable travail en vue d'une édition numérique. Un travail typographique le rend facile et agréable à lire.

La méthode Coué est une prophétie autoréalisatrice qui tire son nom des travaux du psychologue et pharmacien français Émile Coué de la Châtaigneraie (1857 - 1926). Elle est fondée sur la suggestion et l'autohypnose. Cette méthode est une forme d'autosuggestion censée entraîner l'adhésion du sujet aux idées positives qu'il s'impose et ainsi un mieux-être psychologique ou physique. Elle se veut autant préventive que curative.

Coué considère que toute idée qui se grave dans notre esprit tend à devenir une réalité dans l'ordre du possible. « Si étant malade, nous nous imaginons que la guérison va se produire, celle-ci se produira si elle est possible. Si elle ne l'est pas, nous obtiendrons le maximum d'améliorations qu'il est possible d'obtenir » aimait-il à répéter inlassablement au cours de ses conférences. Source Wikipédia.

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