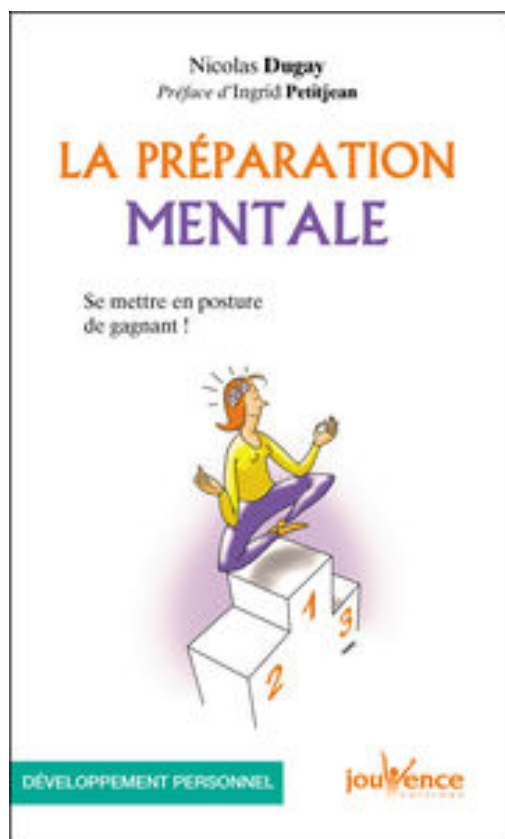


Lire Des Ebooks La Préparation Mentale Nicolas Dugay PDF, EPub, Mobi



Lire des ebooks La préparation mentale Nicolas Dugay PDF, ePub, mobi, Pourquoi certains d'entre nous ont un mental performant ? Quel est leur secret, qu'ils soient sportifs professionnels ou salariés d'entreprises, retraités engagés ou adolescents acharnés ?

Ce livre propose une méthode et des outils pratiques pour trouver ou retrouver un mental de gagnant :

PREFERA comme : Plaisir Raisons d'être

Exigence

Forme

Echange

Réussite

Amour de soi

PREFERA est la synthèse des meilleures pratiques en matière de préparation mentale. Ses bénéfices sont confirmés par de nombreux témoignages de sportifs de haut niveau.

Au terme de la lecture de ce livre, vous aurez les clefs ouvrant les portes d'un mental performant, source de réussite et de bien-être !

Nicolas Dugay est Directeur Associé d'une agence spécialisée dans le conseil et la formation en management et coaching (CAA). Après 14 ans au sein du Groupe BNP Paribas à différents postes à responsabilité, il accompagne aujourd'hui des entreprises, des dirigeants, et des sportifs professionnels. Il est l'auteur de nombreux ouvrages sur son domaine de prédilection : le développement

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