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MONIQUE DE KERMADEC

L'adulte surdoué
à la conquête
du bonheur

**ROMPRE AVEC
LA SOUFFRANCE**

ALBIN MICHEL

Lire des ebooks L'Adulte surdoué à la conquête du bonheur Monique de Kermadec PDF, ePub, mobi, Depuis des années, Monique de Kermadec est à l'écoute de la solitude et de l'extrême difficulté à s'intégrer des adultes surdoués. Elle explore ici la souffrance particulière de ces personnalités à part et ses conséquences sur la famille, la profession, ou l'amour. Et propose d'y remédier par un travail de reconnaissance de la souffrance, par l'acceptation de son abandon, par le travail de résilience.

Il est possible de sortir de situations d'échec en créant un lien nouveau avec le monde... à condition de s'en donner les moyens. Mais les outils thérapeutiques à disposition aujourd'hui ne conviennent pas tous aux adultes surdoués. Ce livre en propose une évaluation critique afin de les orienter vers les outils qui leur seront d'une aide efficace.

Forte de son expérience de thérapeute, Monique de Kermadec apporte ainsi un démenti lumineux à l'idée que souffrir serait une fatalité.

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