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Christophe CARRÉ

## L'auto- manipulation

Comment ne plus faire soi-même  
son propre malheur



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"Elle ne m'a pas regardé parce qu'elle ne m'aime pas." "Ça n'a pas marché, c'est de ma faute !" "Je dois m'efforcer de faire plaisir aux autres." S'il vous est déjà arrivé de penser ainsi, peut-être êtes-vous sujet à l'auto-manipulation.

Croire que nous savons ce que l'autre pense, s'attribuer la responsabilité de tout événement, ou exiger de soi des attitudes irréprochables, relève en effet de procédés auto-manipulatoires. Notre mental et nos émotions nous tendent continuellement des pièges dans lesquels nous tombons volontiers faute de percevoir clairement la réalité. Ainsi nous passons maîtres dans l'art de nous rendre la vie impossible. Comment ne plus faire soi-même son propre malheur ?

Cet ouvrage nous invite d'abord à prendre du recul pour ne plus confondre les faits, nos opinions et nos sentiments. En prenant peu à peu conscience de nos habitudes et de nos automatismes nous deviendrons ensuite capables de les contrer. Au programme : s'entraîner au non-jugement, développer son sens de l'observation, accueillir ses émotions négatives, s'attendre au meilleur plutôt qu'au pire...

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If you realise your l'auto-manipulation so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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