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Dr Christophe Fauré

Le couple brisé

De la rupture
à la
reconstruction
de soi



■ Albin Michel

Lire des ebooks Le Couple brisé Dr Christophe Fauré PDF, ePub, mobi, Un jour, on fait le triste constat que l'amour n'est plus là... On a tout essayé mais on sait aujourd'hui que la rupture s'impose. à la suite à la séparation que l'on décide de partir ou que l'on soit quitté on se retrouve face à la nécessité de faire le deuil de la relation d'amour, afin de se reconstruire et aller de l'avant.

Avec sensibilité et profondeur, le Dr Christophe Fauré, psychiatre et psychothérapeute, aborde : Les doutes et les incertitudes précédant la séparation L'annonce difficile de la rupture Le tumulte des émotions, comme l'impuissance, la culpabilité, la colère, la peur de la solitude... La compréhension de ce qui a mené à la perte du lien d'amour La peine des enfants dont les parents se séparent Le temps de la convalescence puis celui de la reconstruction intérieure...

Ce livre est un précieux allié pour comprendre ce qui se passe en soi et offre des pistes pour tirer des enseignements de cette épreuve de vie.

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