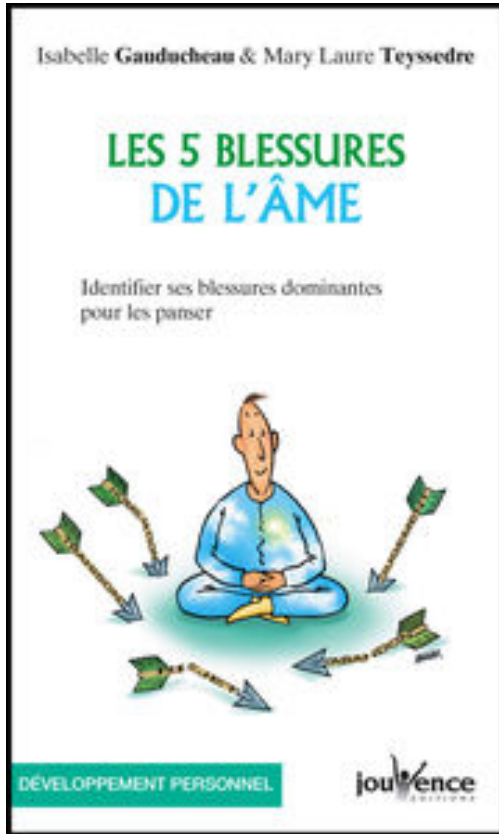


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## Mary Laure Teyssedre & Isabelle Gauducheau

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Ces blessures fondamentales font partie de notre expérience de vie, mais elles participent également à construire notre identité ; elles modèlent nos mécanismes de pensées, nos réactions ou nos peurs irrépessibles, définissent notre manière d'être au monde et nos relations à autrui.

Chaque chapitre de ce livre synthétique et pragmatique donne des bases théoriques claires pour expliquer la genèse de la blessure, dresse une typologie physique, émotionnelle et comportementale, propose des exemples issus de l'expérience des auteurs et des questionnaires détaillés pour identifier précisément les maux. Ainsi mises en lumière, les blessures peuvent être pansées, l'adulte peut guérir grâce aux pistes fournies pour avancer dans la connaissance de soi.

Isabelle Gauducheau est formatrice en communication, praticienne en énergétique diplômée Barbara Brennan Healing Science® et Quantum touch. Elle est aussi relaxologue. Après des études de philosophie, elle s'est orientée vers la psychologie et l'énergétique.

Mary Laure Teyssedre est praticienne en soins énergétiques. Après des études supérieures en école de commerce, elle est devenue maître Reiki enseignante et diplômée Barbara Brennan Healing Science®. Elle reçoit en séances individuelles et organise des formations en développement personnel et énergétique.

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