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Lire des ebooks On se concentre ! Louis Vera PDF, ePub, mobi, Ce livre est un guide pour aider les parents dont les enfants ont du mal à se concentrer, qu'ils aient un trouble déficitaire de l'attention avec hyperactivité (TDAH) ou non.

Vous y trouverez des explications sur le fonctionnement de la concentration, de l'attention, de la mémoire.

Ce livre regorge également de conseils pour améliorer ses capacités de concentration. Erreur dans la description : le livre ne fait pas 9 pages mais plus de 70 en version imprimée.

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