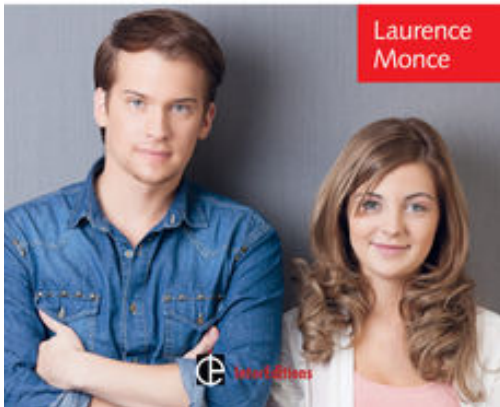


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Parent d'ado mode d'emploi ! Les clés d'une relation positive



Lire des ebooks Parent d'ado, mode d'emploi ! Laurence Monce PDF, ePub, mobi, Pour vous aider à bâtir une relation positive avec votre ado, savoir lui parler et traverser ensemble cet âge charnière de la façon la plus épanouissante possible, ce guide pratique :

- explicite les ressorts d'une bonne harmonie familiale ;
- donne les clés pour faire face aux difficultés que votre ado peut vivre et aux situations potentiellement conflictuelles ;
- fournit des outils de coachs pour bien communiquer et développer de bons réflexes, ceux qui vous permettront de répondre aux mieux aux attentes de votre adolescent, de garder sa confiance derrière ses non-dits et de bien l'accompagner à ce moment clé de son existence.

Riche de nombreux exemples et témoignages, il renforcera votre lien ; votre parole et votre présence feront sens pour lui. Vos relations positives seront génératrices de bien-être tant pour lui que pour vous.

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