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Que va-t-on penser de moi si je m'occupe de moi ?

Ne va-t-on pas m'en vouloir ? Ne vais-je pas devenir égoïste ?

Suis-je assez bienveillant(e) envers les autres ?

N'est-ce pas mieux d'être généreux(se) et de s'oublier soi-même ?

Existe-t-il une forme de « bon égoïsme » ?

Quelle sont les limites à la bienveillance que je peux m'offrir ?

Il arrive à chacun de nous de se poser ces questions sans réellement avoir de réponses claires à ce sujet. Ce petit cahier d'exercices vous aidera à en trouver.

Ludique, pratique et amusant, ce petit cahier vous emmène sur le chemin d'une juste bienveillance envers VOUS.

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