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CHRISTOPHE ANDRÉ

## PSYCHOLOGIE DE LA PEUR

CRAINTES, ANGOISSES ET PHOBIES



**Lire des ebooks Psychologie de la peur: Craintes, angoisses et phobies Christophe André PDF, ePub, mobi**, « Elle nous sauve parfois la vie. Mais elle peut aussi nous la gâcher. Elle nous fait trembler, pleurer, reculer. Elle nous contraint à de multiples renoncements. Elle nous frappe tous. Elle est un handicap pour la moitié d'entre nous. Et elle vole sa liberté à une personne sur dix. Qui est-elle ? La peur... » Voici un livre de référence qui vous fait comprendre pourquoi les mécanismes de nos peurs peuvent parfois se dérégler, et comment notre cerveau émotionnel prend alors le pouvoir. Au travers de récits étonnants, parfois bouleversants, l'un des meilleurs spécialistes français des peurs et phobies vous entraîne avec lui dans ses séances de thérapie. À partir de son expérience de médecin et de psychothérapeute, il vous explique comment guérir durablement de vos peurs.

Christophe André est médecin psychiatre à l'hôpital Sainte-Anne, à Paris. Tous ses livres ont rencontré un très grand succès : *Vivre heureux* ; *L'Estime de soi*, *La Force des émotions*, *Comment gérer les personnalités difficiles* (avec François Lelord) ; *La Peur des autres* (avec Patrick Légeron).

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