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Lire des ebooks Rester parents après la séparation Sabrina de Dinechin PDF, ePub, mobi, Adieu amants, bonjour parents ! Lors d'une rupture, notre cadre identitaire et familial se trouve fracassé. Tout est à réinventer. Notre relation de couple n'existe plus mais il est nécessaire de reconstruire et de consolider notre relation de parents. Conçu et rédigé par une médiatrice familiale, ce guide interactif, concret et positif propose une démarche en deux temps : • un autodiagnostic, pas à pas, pour faire le point sur la relation ; • un parcours de coaching, étape par étape, pour construire une relation apaisée. Illustré d'exemples, agrémenté de grilles d'évaluation et jalonné d'exercices, il suggère en particulier l'élaboration d'une charte parentale et d'un plan de coparentalité. Ce livre constitue la trousse de secours de toute séparation.

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