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Dr CHRISTOPHE MASSIN

**SOUFFRIR  
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TRANSFORMER L'ÉMOTION



préface de  
**ALEXANDRE JOLLIEN**



**Lire des ebooks Souffrir ou aimer Christophe Massin PDF, ePub, mobi**, Tous, nous voudrions cesser de souffrir, mais seul l'amour véritable détient le pouvoir de nous guérir. Trop souvent nos émotions mal comprises, nos blessures d'enfance et nos réactions égotiques nous condamnent à répéter relations insatis-faisantes et comportements destructeurs.

Christophe Massin, inspiré par l'enseignement du maître indien Swami Prajnanpad, montre comment l'émotion, lorsqu'elle est transformée par un travail d'acceptation, offre justement la voie royale qui peut nous pacifier et nous permettre d'accéder à l'amour de soi et de l'autre.

Ce cheminement intérieur qui unit psychothérapie et spiritualité, il l'illustre à travers le parcours d'un homme et d'une femme engagés dans cette aventure libératrice.

« Ce livre nous convie à un amour libre et joyeux. » Alexandre Jollien

Christophe Massin est psychiatre, familier de la spiritualité indienne. Il a notamment publié *Le Bébé et l'Amour* (1996) et *Réussir sans se détruire. Des solutions au stress du travail* (2006).

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