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Dépendances, manipulations, frustrations, fantasmes ou illusions empoisonnent nos relations affectives et sociales. Or, la relation c'est la vie ! Pour vivre heureux, il est essentiel d'apprendre à cultiver des liens authentiques avec autrui.

Quelle place ont nos blessures et nos peurs dans nos rapports avec l'autre ? Quelle part ont nos déséquilibres dans notre façon de donner et de recevoir ? À travers des témoignages pleins de vie, les auteurs nous aident à repérer ce qui entrave nos relations. Ils nous suggèrent des pistes concrètes pour mieux vivre avec les autres : cultiver la confiance en soi, s'appuyer sur ses ressentis, penser par soi-même, s'accepter et respecter les différences...

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