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CHRISTOPHE ANDRÉ

VIVRE HEUREUX

PSYCHOLOGIE DU BONHEUR



Lire des ebooks Vivre heureux : Psychologie du bonheur Christophe André PDF, ePub, mobi, Nous avons parfois du mal à nous sentir heureux... Où chercher alors le bonheur ? Et surtout, peut-on apprendre à être heureux ? Ce livre très concret vous permet de faire le point sur vos aptitudes au bonheur, et vous offre toutes les clés pour bâtir peu à peu une vie plus heureuse. Faites-vous confiance : vous pouvez être heureux ! Christophe André est médecin psychiatre à l'hôpital Sainte-Anne, à Paris. Ses livres ont rencontré un immense succès : *L'Estime de soi*, *La Force des émotions*, *Comment gérer les personnalités difficiles* (avec François Lelord) et *La Peur des autres* (avec Patrick Légeron).

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