



Gerer Ses Emotions Facilement: La Maitrise de Soi Facile Pour Mobiliser Ses Capacites (Motivation, Confiance En Soi.) a Volonte, Instantanement. (Paperback)

By Remy Roulier

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Gerez Vos Emotions Facilement Et Mobilisez Vos Ressources Sur Commande Et Si Vous Decidiez De Reprendre Votre Maitrise De Soi Des Maintenant? Rencontrez-vous ces problemes de gestion des emotions? Vous reagissez souvent de maniere exageree ou mal adaptee aux situations (exces de colere, jalousie, tristesse etc.). Vous etes ultra sensible aux critiques ou remarques en tous genres qui peuvent souvent vous plomber la journee. Vous stressiez ou paniquez facilement dans les situations inattendues ou lorsque vous etes confronte a des responsabilites. Vous ne savez pas comment reagir dans bon nombre de situations. Vous aimeriez pouvoir declencher sur commande des ressources comme la motivation ou la confiance en soi. Vous n arrivez pas ou ne savez pas comment mobiliser vos capacites instantanement des que vous voulez. Quoi que vous fassiez ou tentiez, vous restez desesperement esclave de vos etats interieurs qui vous pourrissent la vie au quotidien, vous empechent d utiliser vos vraies capacites, vous font rater tous les jours des opportunités precieuses, et vous sentir souvent malheureux, fragile, stressé voir complètement deprime. Et si il existait un moyen facile et...



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