



100 chemins pour se libérer de ses peurs (French Edition)

Yves Boulvin

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Combien de peurs conscientes ou inconscientes nous habitent et nous empêchent d'agir, d'avoir confiance, d'aimer ?

Comment les identifier sur tous les plans : physique, psychologique, intellectuel, spirituel, pour pouvoir les travailler, les rassurer, les transformer peu à peu, étape par étape ? En faire des opportunités, des tremplins au lieu de nous laisser bloquer par elles.

Ce livre étudie cent des peurs les plus courantes et propose des moyens concrets pour y remédier.

Yves Boulvin est formateur en relations humaines, psychologue et consultant. Il organise depuis de nombreuses années des stages en entreprise, parallèlement à son activité de thérapeute. Il anime depuis plus de vingt ans les émissions Foi et psychologie retransmises sur différentes radios francophones.

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