

Agnès Le Guernic

AMIS, TRAVAIL, FAMILLE,

AMÉLIOREZ VOS RELATIONS ET VIVEZ MIEUX !



ixelles éditions

Ameacuteliorez Vos Relations Et Vivez Mieux

Agnès Le Guernic



Ameacuteliorez Vos Relations Et Vivez Mieux:

Amis, travail, famille, améliorez vos relations et vivez mieux ! Agnès Le Guernic, 2014-02-19 Quels genres de relations recherche t on Comment surmonter les pi ges d une relation Comment se rapprocher ou s loigner d une personne Peut on vraiment choisir ses amis Tirer le meilleur parti d une relation d une mani re sinc re et sans entrave Etre bien dans ses relations c est chapper aux pi ges des relations d cevantes ou destructrices Cela suppose de les reconna tre d tre lucide et adulte responsable et de savoir se m nager un minimum de s curit pour cr er des relations saines et harmonieuses C est dire des relations sym triques dans lesquelles la r ciprocit est une r gle Dans ces relations d gal gal les changes sont quilibr s et authentiques Pourquoi ce n est pas facile de bien vivre avec les autres A cause des rapports de domination les jeux de pouvoir qui instaurent la crainte et la m fiance reposent sur la menace explicite ou non qui fait peur et bloque la communication et l usage de la manipulation pour satisfaire des besoins de mani re d tourn e On a raison de s en d fier mais on ne sait pas toujours les identifier et s en pr server Il faut aussi apprendre cesser de se victimiser c est la faute de l autre et cesser de se dire impuissant je n y arriverai jamais A cause de la pression sociale pour la performance et la pr f rence pour la comp titution aux d pens de la coop ration et ceci d s le plus jeune ge A tous on demande toujours plus toujours plus vite et toujours plus jeune Les ph nom nes de burn out se multiplient Les relations en p tissent et se d t riorient Comment faire pour am liorer ses relations Que chacun parte la recherche des relations qu il souhaite vraiment Tout d abord partir la d couverte de soi et de la mani re non seulement dont nous nous sommes construits mais aussi de la mani re dont nous avons construit nos relations avec les autres pour r pondre nos besoins premiers Puis prendre en compte les possibilit s nouvelles offertes par la vie nous ne sommes plus des petits enfants immatures d pendant des grandes personnes pour leur survie Ce livre permet ainsi de d couvrir ce que nous avons besoin d apprendre qui nous sommes et quels sont nos besoins comment changer ce qui peut tre chang et accepter ce qui ne peut pas tre chang comment placer sa vie dans une dynamique d autonomie et de responsabilit comment mieux vivre gr ce des relations sociales et affectives de qualit Le livre d Agn s Le Guernic propose de comprendre les m canismes des relations affectives et sociales et d apprendre d velopper des relations humaines de qualit pour vivre mieux

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