



découvrez le pouvoir positif du pessimisme

By Norem, Julie- Boniwell, Ilona

INTEREDITIONS, 2015. Paperback. Condition: NEUF. Se montrer ouvertement pessimiste peut être un merveilleux moyen de ne pas se retrouver déçu et organiser sa vie avec succès. Pour toutes les personnes fatigués des sempiternelles injonctions à regarder le "bon côté" des choses, ce livre provocateur et rafraichissant montre que voir le mauvais côté des choses et prévoir ce qui peut mal finir peut être utilisé de façon bénéfique pour gérer son anxiété au quotidien, aplanir bien des problèmes et tourner la vie en sa faveur. - Nombre de page(s) : 232 - Poids : 312g - Genre : Développement personnel EPANOUISSEMENT.



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