



Stop au stress au travail (Coaching pro (nouvelle édition) t. 13) (French Edition)

Géraldine de Radiguès, 50 minutes

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Puisque le stress s'imisce parfois sournoisement dans notre quotidien, tant professionnel que personnel, il est impératif d'apprendre à lui faire face. Nos réactions à chaud varient en fonction de notre personnalité, de notre vécu et de nos ressentis, c'est pourquoi nous sommes tous appelés à réfléchir au-delà de ces situations de stress pour comprendre leur origine, analyser nos comportements et prendre du recul.

Ce livre vous aidera à :

- Comprendre votre fonctionnement
- Connaître vos limites
- Vivre les situations de stress de manière positive
- Et bien plus encore !

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