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Mon Quotidien - Les attentats expliqués aux enfants Collectif, 2017-01-18 Qu est ce qu un terroriste Pourquoi y a t il des attentats Quelles sont mes libert s en France Les religions donnent elles le droit de tuer Comment vivre avec mes motions Con u suite aux v nements r cents qui ont touch la France ce livre r pond aux interrogations et aux inqui tudes que vos enfants peuvent avoir face l actualit Il vous accompagnera pour leur faire comprendre le monde d aujourd hui et les aidera mieux vivre avec les peurs qui peuvent tre les leurs A lire votre enfant d s 6 ans ou laisser dans les mains de votre ado

Soigner les enfants hyperactifs sans médicaments Dr Stéphane Clerget, 2019-03-13 Il s agite sans cesse elle n coute pas la fin de la phrase et coupe la parole il est dans la lune et ses r sultats scolaires baissent autant de phrases inqui tes que le Dr St phane Clerget entend dans son cabinet de la bouche de parents d sempar s Et si leur enfant tait hyperactif Poser le diagnostic de trouble d ficitaire de l attention avec ou sans hyperactivit TDHA n est pas chose ais e tant les sympt mes sont difficiles identifier pr cis ment Qu un enfant ait parfois une folle envie de courir quoi de plus normal Mais quel moment son hyperactivit sort elle des limites du raisonnable quel moment surtout devient elle un probl me pour lui et pour son entourage Gr ce cet ouvrage les parents pourront se poser les bonnes questions apprendre aider leur enfant ma triser son trouble de l attention sans n cessairement avoir recours aux m dicaments d cri s pour leurs effets secondaires parfois graves Les TDHA peuvent aussi se soigner gr ce des m thodes p dagogiques et ducatives adapt es mais galement par la relaxation la m ditation l alimentation et des psychoth rapies Dans ce livre le Dr St phane Clerget rend l espoir aux parents de milliers de jeunes concern s par ces troubles de l attention Le docteur St phane Clerget psychiatre est notamment l auteur des Kilos motionnels comment s en lib rer de Bien dans son assiette, bien dans sa tête et Les Vampires psychiques Fayard Bien dans son assiette, bien dans sa tête Dr Stéphane Clerget, 2016-08-31 Notre pens e notre mental notre moral nos motions d pendent de ce que nous mangeons Ce lien tait une vidence au Moyen ge et pourtant aujourd hui il para t presque r volutionnaire En effet des d couvertes r centes d montrent scientifiquement que notre mode alimentaire est d terminant pour notre bien tre motionnel mais aussi plus globalement pour la sant mentale de tous car la biologie de notre cerveau est fonction de nos apports alimentaires Cela ouvre de nouvelles perspectives aussi bien pour les enfants que pour les adultes l heure o les psychoth rapies montrent leurs limites et o les m dicaments qui agissent sur notre cerveau sont remis en cause pour leurs effets secondaires Il est possible de guider nos humeurs d acqu rir la s r nit ou la joie de vivre de vaincre nos peurs de r sister au stress de retrouver un sommeil r parateur de rester performant intellectuellement ou d am liorer notre forme physique gr ce une alimentation choisie Pour tre bien dans sa t te il faut tre bien dans son assiette Le bonheur a se cuisine au quotidien Le docteur St phane Clerget psychiatre est notamment l auteur de Kilos motionnels comment s en lib rer et de L Amour et les kilos Comment renforcer ta confiance en toi ? Dr Stéphane Clerget, 2015-05-20 La confiance en soi est fondamentale pour r ussir et tre aim Si tu manques de confiance en toi tu n es pas toi m me Tu oses moins tu perds des occasions tu t inventes

des excuses tu laisses facilement tomber et au final tu choues trop souvent Les autres te paraissent plus intéressants que toi Renforcer ta confiance en soi c'est possible Voici un programme facile à appliquer qui va te donner un nouveau regard sur toi-même Tu vas gagner en confiance et les autres vont te faire davantage confiance Les Vampires psychiques Dr Stéphane Clerget, 2018-02-07 N'avez-vous jamais eu le sentiment d'avoir été vampirisé par une collègue ou un inconnu une relation ou un parent Vous vous sentez alors fatigué voire vidé Vous finissez par comprendre que vous êtes utilisé par cette personne et que vous lui donnez ou qu'elle vous prend sans rien recevoir en échange Vous êtes victime d'un vampire psychique Les vampires psychiques ont besoin de se nourrir de votre énergie physique et motionnelle que ce soit un besoin vital lié à leur fonctionnement psychologique ou simplement par opportunisme Pour celui ou celle qui en est victime c'est une sorte de drainage mental qui commence Contrairement aux pervers narcissiques les vampires ne veulent pas vous détruire Au contraire ils ont besoin de vous Alors devant leur voracité il faut pouvoir adopter des stratégies de défense Et comme ils peuvent adopter des apparences et des personnalités très diverses ce qui rend difficile leur identification de prime abord vous apprendrez dans cet ouvrage les repères les comprendre vous en protéger mais aussi réaliser que vous pouvez être aussi parfois vous-même un vampire psychique Les Kilos émotionnels Dr Stéphane Clerget, 2010-12-13 Les fluctuations de poids ne sont pas seulement une question d'arithmeticque apport et consommation de calories mais aussi d'émotions Il y a une participation affective aux prises de poids et la résistance de notre organisme les perd Stéphan Clerget psychiatre auteur de nombreux ouvrages explique les origines psychologiques de nos déséquilibres conditionnés par l'éducation pulsion orale anxiété consolation Dans ce livre essentiel il donne les clés pour se redresser afin de réagir au stress sans compenser par la nourriture Pour restaurer l'image de soi et rester bien dans son corps **Le Pédopsy de poche** Dr Stéphane Clerget, 2013-04-10 Guide qui aborde tous les fondamentaux de la pédopsychiatrie de manière pédagogique et accessible Vous êtes parents Vous allez le devenir Peut-être que certaines questions vous taraudent que vous nourrissez certaines craintes et c'est bien normal Cet ouvrage n'a pas l'ambition d'avoir réponse tout mais simplement de vous aider à culpabiliser et de vous rassurer en répondant aux principales questions que se posent les parents Stéphan Clerget vous propose un guide pratique et accessible pour dénouer une situation tendue apporter une réponse aux questions de l'enfant ou lui expliquer en toute simplicité les choses de la vie Une référence indispensable **Livres hebdo**, 2002 **Comment te faire de vrais amis ?** Dr Stéphane Clerget, 2015-05-20 Tu viens de déménager et tu aimerais de faire de nouveaux amis Tes amis actuels ne te plaisent plus trop et tu aimerais créer un nouveau groupe Tu traînes avec un ou deux amis d'enfance mais tu voudrais en avoir davantage Tu te fais vite des amis mais tu es souvent dué par eux Tu as été trahi en amitié et tu as du mal à faire à nouveau confiance Tu n'es pas sûr de toi et tu as du mal à créer des liens avec les autres Ce guide plein de conseils pratiques va t'aider à faire des amis mais surtout de véritables amis Hypersensible, hyperamoureux Stéphane Clerget, 2021-01-14 Comment aimer sereinement quand les émotions sont exacerbées un ouvrage très complet sur les relations amoureuses des hypersensibles Les hypersensibles vivent dans un

monde o chaque sensation et chaque v nement de la vie les touchent plus que la moyenne des individus Quand ils sont amoureux ils sont souvent hyperamoureux hyperattach s et parfois hyperbless s car tout est hyper pour eux Comment alors concilier hypersensibilit et amour S appuyant sur de nombreux cas cliniques le Docteur St phane Clerget passe en revue les sp cificit s des hypersensibles dans leurs relations affectives hyperattachement hyperr activit hyperinqui tude les obstacles qui peuvent les emp cher d avoir une vie amoureuse panouie anxi t peur de souffrir susceptibilit jalousie d pendance pens es obs dantes mais aussi les pr dateurs dont ils doivent se m fier Vous d couvrirez galement des techniques pour accommoder hypersensibilit et amour dompter ses peurs att nuer sa sensibilit apprendre se faire respecter couter son corps renforcer sa confiance en soi et comment gu rir d un chagrin d amour se lib rer du chagrin ou de la col re s accorder du temps restaurer l amour de soi Dans ce livre positif maill de t moignages de tests de conseils pratiques simples mettre en place le Docteur St phane Clerget redonne espoir aux personnes sensibles qui peuvent se sentir incapables d aimer et d tre aim es sereinement

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