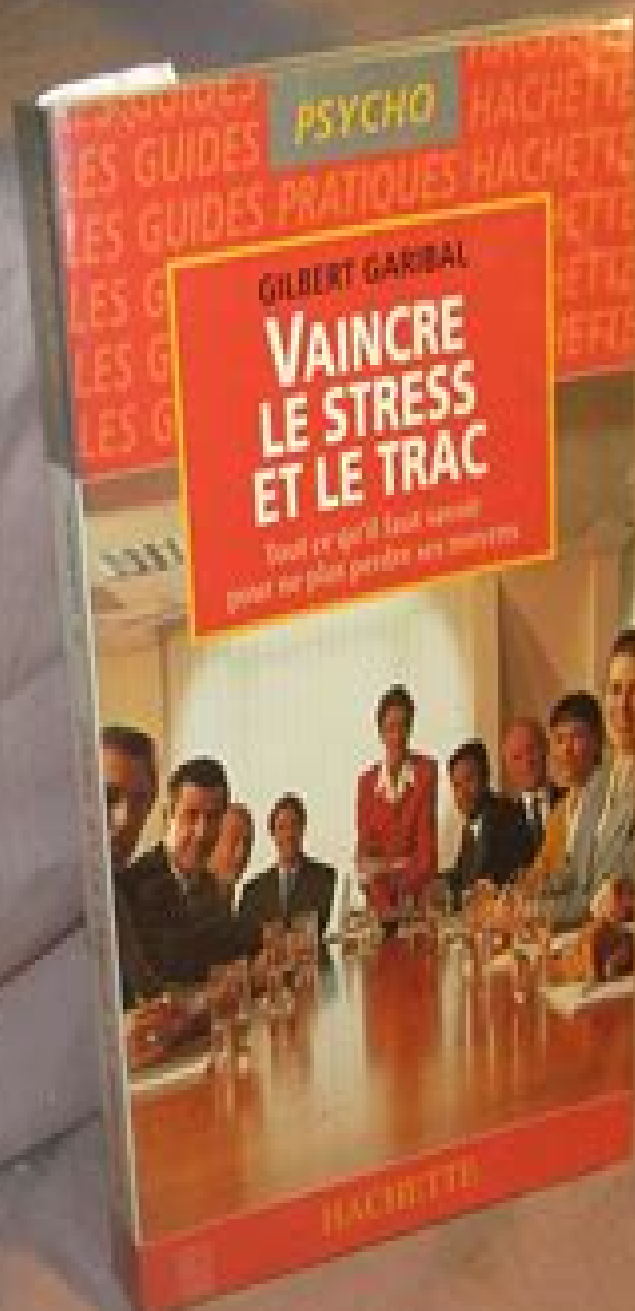
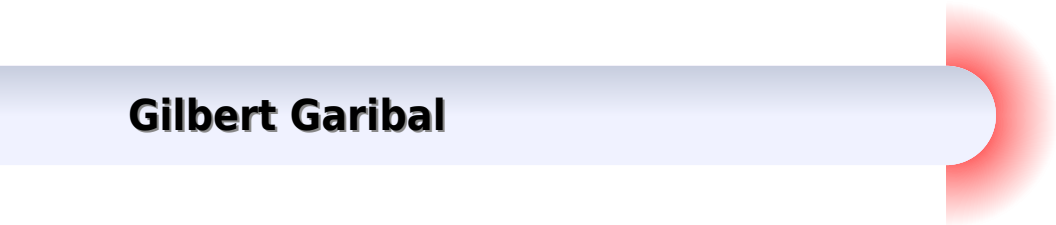




Vaincre Stress Vaincre Gilbert Garibal Ebook

Gilbert Garibal



Vaincre Stress Vaincre Gilbert Garibal Ebook:

Vaincre le stress et le trac Gilbert Garibal, 1996 Parler en public passer un examen un entretien d'embauche se présenter au permis de conduire ou un rendez-vous amoureux autant de situations de la vie quotidienne parfois lourdes de conséquences Gilbert Garibal dramatise chacune d'elles et donne ici des solutions concrètes pour les affronter avec succès Dans une société où nous devons sans cesse prouver nos compétences il est normal que notre niveau de stress soit élevé et que se manifeste cette motion paralysante qu'on nomme le trac L'auteur en démontre tous les mécanismes et nous propose avec humour et de nombreux exemples d'astucieux procédés pour les maîtriser Se décontracter est essentiel mais paraît plus facile à dire qu'à faire Pourtant il existe des méthodes simples permettant de se relaxer avant une preuve d'apprendre poser sa voix contrôler ses gestes privilégier un mode d'allocution se présenter confiant son auditoire Être bien dans sa peau ne plus craindre le regard des autres oser s'affirmer afin d'y parvenir aisément Gilbert Garibal nous invite opter pour les bienfaits d'un nouveau mode de vie Du bon exercice physique une saine alimentation du yoga la pensée positive d'une meilleure gestion du temps au rire retrouvés Conseils pratiques immédiatement opérationnels témoignages de nombreuses personnes Grâce à cet ouvrage dynamique vous saurez enfin vaincre le stress et le trac

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