

**Stephan Eliez**

# **Être parents et s'aimer comme avant**

**La force de la mentalisation  
dans le couple**



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## **Being a Parent and a Spous**

The Power of Mentalization

Author: Stephan Eliez

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How do you reconcile your roles as a parent and a romantic partner? Become a mentalizer! Learn to avoid the pitfalls that threaten or erode romance!

This book will help you preserve, rediscover, and even grow the love you have for your partner by using, in your daily life, a few mentalization techniques that have proven their efficacy in therapy.

Child psychologist Stephan Eliez was a professor at Stanford University in California before transferring to the University of Geneva. He is the author, among other works, of *Raise Your Child to Be Different from the Rest*.