

Jeanne Siaud-Facchin

La
**guérison
émotionnelle**



Date : 17/05/2023

Pages : 286

Format cm : 15 x 22

Prix : 22.9

EAN : 9782415005313

Emotional Healing

Author: Jeanne Siaud-Facchin

Publisher : Odile Jacob

Category : Humanities and Non-Fiction

Genres : Psychology/Psychoanalysis - Essay

Keywords : Therapy - Daily Life - Resilience - Wound - Emotions

This book offers tangible answers to a universal aspiration: freeing ourselves from past wounds.

Jeanne Siaud-Facchin brings readers in closer to their emotions and innermost feelings. Psychoanalysis was wrong to make us believe that the only way to heal from past trauma was to relive it. This attitude made us victims of the past. Siaud-Facchin believes the key lies elsewhere. She argues that only emotions have an impact on our history: psychological scars that, in some cases, are still open, painful and imperfectly healed, embedded in our body's memory. Emotional healing opens the door to inner freedom.

This book, like a private session between author and reader, invites us to untangle and reconcile with ourselves, and believe in the vitality of the world to which we all belong.
