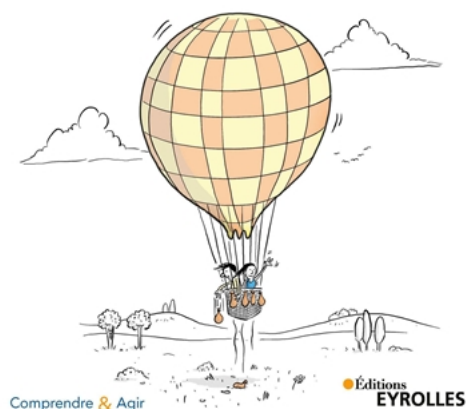


Gwénaëlle Persiaux
Psychologue

Guérir des blessures d'attachement

Apprendre à construire des liens apaisés



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Healing Attachment Injuries

Learn to Build Better Attachment Bonds

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It's never too late to learn to make better attachment bonds.

Attachment injuries, mostly experienced during childhood, still affect us as adults, since we repeat them in spite of ourselves. Depending on the quality of the attachment bond with our parents, we have developed certain ways of being in the world, with others, and with ourselves, emotionally speaking. These ways of being are known as "attachment styles." This book helps identify the different kinds of attachment styles (secure, anxious, avoidant, and disorganized) used by yourself and your loved ones. Only by understanding these can we enjoy greater self-acceptance, inner peace, and a greater range of potential feeling.

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