



PNL pour les Ados (French Edition)

Judy Bartkowiak

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Entre l'âge de 13 ans et 19 ans, nous devenons des adultes et nous passons d'une base relativement protégée d'une maison et d'une famille à un monde à l'extérieur avec nos amis. Le long du chemin, nous passons des examens, nous prenons des décisions énormément importantes sur notre scolarité, notre travail et nos relations, et nous faisons des erreurs. Ces erreurs peuvent nous aider à nous développer en tant qu'adultes mûrs ou elles peuvent nous bloquer et nous laisser en manque de confiance et incapables de réaliser notre vrai potentiel. Ce livre vous présente des astuces et des informations utiles sur les possibilités d'exploiter vos points forts, de manière que vous puissiez gérer vos points faibles et les améliorer. Inclus dans le livre : Confiance : comment l'obtenir et la maintenir; Communication non-verbale, ex. Apparence; Communication verbale et comment obtenir ce que vous voulez; Gestion du stress des examens; Trouver un travail; Les relations et le sexe.

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