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SOPHIE NÉEL

LA COMMUNICATION POSITIVE PARENTS ENFANTS



Une méthode douce et ludique pour aider votre enfant à dépasser ses peurs, cauchemars, émotions négatives, timidité...

JOSETTE LYON

Comment aider son enfant à se libérer de ses émotions négatives, ses peurs, sa timidité... ? Cet ouvrage propose aux parents une série d'astuces, d'outils et de jeux pour favoriser la communication positive.

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