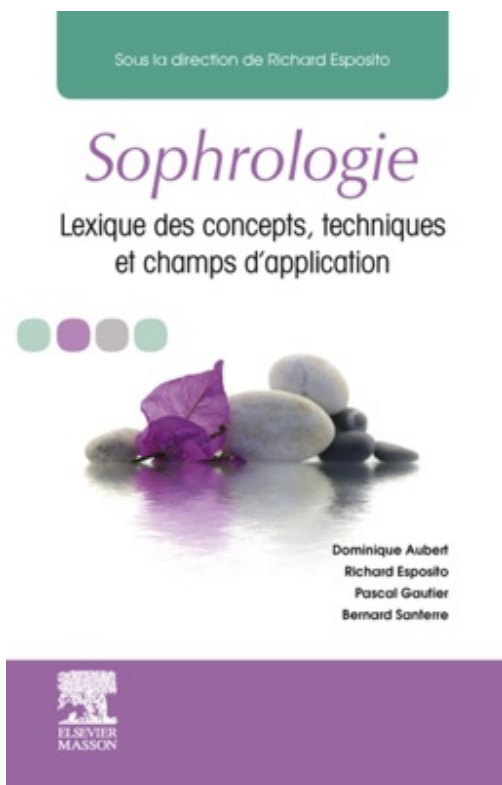


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Les auteurs se proposent d'écrire un lexique recensant les termes propres à la sophrologie : chaque terme étant développé sur environ 1/2 à 1 page, allant donc au-delà de la définition brute d'un dictionnaire. L'objectif est d'apporter une connaissance à la fois immédiate, délimitée et pointue des termes fondamentaux de la sophrologie. Il mettra également en évidence par un système de renvois les entrecroisements éventuels entre la sophrologie, la médecine, la psychanalyse et la psychologie comportementale.

Le public visé est à la fois les sophrologues professionnels et les étudiants sophrologues. Les étudiants suivant les formations sont issus de milieux très variés : psychologues (surtout TCC), quelques médecins psychiatres, les professionnels du milieu social, les infirmiers en psychiatrie, les kiné, sages-femmes.

Title : Sophrologie
Author : Richard Esposito, Dominique Aubert, Pascal Gautier & Bernard Santerre
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