

Un petit manual de psychologie  
contemporaine à destination de ceux qui  
souffrent

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# Introduction

Ce livre est une série de notes prises pour documenter ma progression dans la compréhension des enseignements de la psychologie contemporaine, notamment pour ce qui a trait à la résolution des souffrances psychologiques.

Les souffrances psychologiques sont une des sources majeures de mal-être dans les sociétés développées contemporaines. Je développe dans mes romans des exemples de la souffrance psychologique et de ses résultats sur la vie des gens. Dans ce petit manuel, je compile ce que j'ai compris et ce que j'ai trouvé utile dans les enseignements de la psychologie contemporaine, et notamment des approches comportementale et cognitive et de la théorie de la personnalité.



# Chapter 1

## Introduction

You can label chapter and section titles using `{#label}` after them, e.g., we can reference Chapter 1. If you do not manually label them, there will be automatic labels anyway, e.g., Chapter 3.

Figures and tables with captions will be placed in `figure` and `table` environments, respectively.

```
par(mar = c(4, 4, .1, .1))
plot(pressure, type = 'b', pch = 19)
```

Reference a figure by its code chunk label with the `fig:` prefix, e.g., see Figure 1.1. Similarly, you can reference tables generated from `knitr::kable()`, e.g., see Table 1.1.

```
knitr::kable(
  head(iris, 20), caption = 'Here is a nice table!',
  booktabs = TRUE
)
```

You can write citations, too. For example, we are using the **bookdown** package [R-bookdown] in this sample book, which was built on top of R Markdown and **knitr** [xie2015].

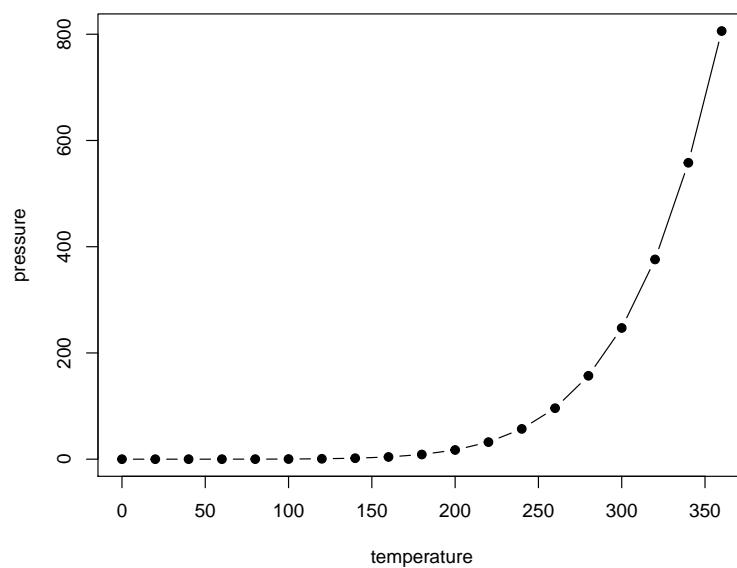


Figure 1.1: Here is a nice figure!

Table 1.1: Here is a nice table!

Sepal.Length	Sepal.Width	Petal.Length	Petal.Width	Species
5.1	3.5	1.4	0.2	setosa
4.9	3.0	1.4	0.2	setosa
4.7	3.2	1.3	0.2	setosa
4.6	3.1	1.5	0.2	setosa
5.0	3.6	1.4	0.2	setosa
5.4	3.9	1.7	0.4	setosa
4.6	3.4	1.4	0.3	setosa
5.0	3.4	1.5	0.2	setosa
4.4	2.9	1.4	0.2	setosa
4.9	3.1	1.5	0.1	setosa
5.4	3.7	1.5	0.2	setosa
4.8	3.4	1.6	0.2	setosa
4.8	3.0	1.4	0.1	setosa
4.3	3.0	1.1	0.1	setosa
5.8	4.0	1.2	0.2	setosa
5.7	4.4	1.5	0.4	setosa
5.4	3.9	1.3	0.4	setosa
5.1	3.5	1.4	0.3	setosa
5.7	3.8	1.7	0.3	setosa
5.1	3.8	1.5	0.3	setosa



## Chapter 2

# Literature

Here is a review of existing methods.



## Chapter 3

# Methods

We describe our methods in this chapter.



## Chapter 4

# Applications

Some *significant* applications are demonstrated in this chapter.

### 4.1 Example one

### 4.2 Example two



## Chapter 5

# Final Words

We have finished a nice book.