



## Aujourd'hui ma vie m'appartient

By Françoise Quennessen

Editions Vie Apr 2016, 2016. Taschenbuch. Book Condition: Neu. 220x150x11 mm. Neuware - Quand je dis j'ai fait une thérapie narrative la question est 'c'est quoi' Ce livre est ma réponse. Ma solitude me pesait. 'Vivre seule ' ou 'Vivre sans', sans ma fille morte. J'ai toujours refusé l'idée d'une analyse classique. J'ai eu la chance de rencontrer un 'narrapeute' qui m'a proposé de faire l'expérience d'une thérapie par emails. J'ai accepté sans hésiter. Mon problème dominant était la mort de ma fille puis ont suivi les casseroles que je traînais, puis celles qui pourrissaient mon quotidien. C'est à 74 balais que j'ai attaqué cette thérapie . Enfin, à 82 ans, je vis en paix avec moi. Il ne faut jamais dire qu'on ne peut pas évoluer. Aujourd'hui il y a une 'moi avant' et une 'moi après' mais ne vous frottez pas à la 'moi maintenant'. J'ai gardé intacte ma nature rebelle que je ne saurais rejeter parce que c'est profondément ancré dans ma tête, mon coeur, mon corps, mes tripes. J'ose dire 'je n'ai pas changé, c'est mon regard sur la vie qui a changé'. De tout cela il y avait de quoi faire un livre; je l'ai...



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