



Originaire de Québec, père de trois filles, l'auteur est le dernier d'une famille de six enfants. Fonctionnaire depuis 25 ans, amoureux de la lecture, de l'écriture et de la musique, il a fait ses études en sciences humaines.

Saisi à une méningite à l'âge de 13 ans, il passera toute sa vie à la quête d'un bonheur, d'une raison de vivre qui, sans cesse, lui échappent.

En 2008 et en 2012, il fera deux dépressions sévères et sera hospitalisé. Pour lui commence un long chemin toujours plus ponctué de questionnements, de réflexions. Enfin en 2012, il aura accès à une thérapie et à un psychiatre qui lui conviendront et qui commenceront à répondre à ses questions existentielles.

Avec son premier livre, *Maintenant, ma vie prend racine*, il refait enfin surface, plus sûr de lui, avec les idées plus claires et des projets de vie.

« Au lieu de recevoir un arts écrit, comme je le croyais, je me retrouvai en jaquette bleue fermée en arrière, montrant mon derrière à tout le monde! Elle me regarda en me disant elle avait que mon visage lui rappelait quelqu'un, et ce gars-là, c'est moi bordel! »

Voilà donc comment j'ai été admis à l'hôpital après une dépression sévère en 2012, non pour écrire à sa famille, quoi? C'est ma 2^e dépression en quatre ans et, cette fois-ci, j'ai bien l'intention de m'en sortir une bonne fois pour toutes.

Le lecteur parcourra avec moi, les corridors d'hôpitaux, mes rencontres avec mon psychiatre et professionnels de la santé, découvrira une thérapie gagnante et portaine de tous les espoirs. Finalement, ce que je n'avais jamais goûté auparavant, l'espoir.

SERGE LAROCHELLE *Maintenant, ma vie prend racine*



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In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Maintenant Ma Vie Prend Racine**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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Table of Contents Maintenant Ma Vie Prend Racine

1. Understanding the eBook Maintenant Ma Vie Prend Racine
 - The Rise of Digital Reading Maintenant Ma Vie Prend Racine
 - Advantages of eBooks Over Traditional Books
2. Identifying Maintenant Ma Vie Prend Racine
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Maintenant Ma Vie Prend Racine
 - User-Friendly Interface
4. Exploring eBook Recommendations from Maintenant Ma Vie Prend Racine
 - Personalized Recommendations
 - Maintenant Ma Vie Prend Racine User Reviews and Ratings
 - Maintenant Ma Vie Prend Racine and Bestseller Lists
5. Accessing Maintenant Ma Vie Prend Racine Free and Paid eBooks

- Maintenant Ma Vie Prend Racine Public Domain eBooks
- Maintenant Ma Vie Prend Racine eBook Subscription Services
- Maintenant Ma Vie Prend Racine Budget-Friendly Options
- 6. Navigating Maintenant Ma Vie Prend Racine eBook Formats
 - ePub, PDF, MOBI, and More
 - Maintenant Ma Vie Prend Racine Compatibility with Devices
 - Maintenant Ma Vie Prend Racine Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Maintenant Ma Vie Prend Racine
 - Highlighting and Note-Taking Maintenant Ma Vie Prend Racine
 - Interactive Elements Maintenant Ma Vie Prend Racine
- 8. Staying Engaged with Maintenant Ma Vie Prend Racine
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Maintenant Ma Vie Prend Racine
- 9. Balancing eBooks and Physical Books Maintenant Ma Vie Prend Racine
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Maintenant Ma Vie Prend Racine
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Maintenant Ma Vie Prend Racine
 - Setting Reading Goals Maintenant Ma Vie Prend Racine
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Maintenant Ma Vie Prend Racine
 - Fact-Checking eBook Content of Maintenant Ma Vie Prend Racine
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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