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# L'intelligence du cœur

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# L Intelligence Du Coeur Psysanteacute

**Doc Lew Childre, Donna Beech, Howard  
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## **L Intelligence Du Coeur Psysanteacute:**

*L' Intelligence du coeur* Isabelle Filliozat, 2014-04-01 Apr s le r gne du Q I on d couvre aujourd'hui l importance des motions essentielles pour communiquer et convaincre L intelligence du coeur fait toute la diff rence Anxi t honte d pression violence et solitude Et si tous ces maux avaient une cause commune Et s il y avait une alternative aux comprim s tablettes et g lules que nous consommons pour nous calmer nous aider dormir nous mettre du baume au coeur A l cole on enseigne l histoire la g ographie les math matiques et qu apprend on sur l affectivit Ne serait il pas aussi utile d avoir quelques notions sur les tapes du deuil la col re et la r solution non violente des conflits que de savoir par coeur 1515 Marignan Il est temps de mieux comprendre nos motions pour les g rer efficacement L urgence est affective Aujourd'hui comp tences techniques et QI lev ne sont plus insuffisants pour r ussir La confiance en soi la cr ativit l aisance relationnelle et l autonomie font la diff rence Dynamiques de r seaux interd pendance le d fi du mill naire nouveau qui s avance est celui de la coop ration L intelligence du coeur intelligence relationnelle et motionnelle est l intelligence de demain Isabelle Filliozat est psychoth rapeute Certifi e clinicienne en analyse transactionnelle et ma tre praticien en programmation neurolinguistique elle travaille sur les motions depuis une vingtaine d ann es

L'intelligence du coeur Isabelle Filliozat, 1997 Apr s le r gne du Q I on d couvre aujourd'hui l importance des motions essentielles pour communiquer et convaincre L intelligence du c ur fait toute la diff rence Anxi t honte d pression violence et solitude Et si tous ces maux avaient une cause commune Et s il y avait une alternative aux comprim s tablettes et g lules que nous consommons pour nous calmer nous aider dormir nous mettre du baume au c ur A l cole on enseigne l histoire la g ographie les math matiques et qu apprend on sur l affectivit Ne serait il pas aussi utile d avoir quelques notions sur les tapes du deuil la col re et la r solution non violente des conflits que de savoir par c ur 1515 Marignan Il est temps de mieux comprendre nos motions pour les g rer efficacement L urgence est affective Aujourd'hui comp tences techniques et QI lev ne sont plus suffisants pour r ussir La confiance en soi la cr ativit l aisance relationnelle et l autonomie font la diff rence Dynamiques de r seaux interd pendance le d fi du mill naire nouveau qui s avance est celui de la coop ration L intelligence du c ur intelligence relationnelle et motionnelle est l intelligence de demain

**L'intelligence du coeur** Isabelle Filliozat, 2018-05-16 *L'intelligence intuitive du coeur* Doc Lew Childre, Donna Beech, Howard Martin, 2005 La solution HeartMath est un syst me complet qui fournit de l information des outils et des techniques permettant d acc der l intelligence du c ur Ce livre pr sente les r sultats d une recherche scientifique qui r v le qu une intelligence r side dans le c ur et qui montre comment celui ci communique avec le cerveau et le reste du corps Cette recherche a d montr que lorsque l intelligence du c ur est sollicit e elle peut r duire la pression art rielle am liorer le syst me nerveux et l quilibre hormonal et faciliter les fonctions c r brales Cependant au del de nos d monstrations scientifiques notre propos est le suivant le c ur nous relie une intelligence sup rieure travers un domaine intuitif o l me et l humain fusionnent Ce domaine intuitif est beaucoup plus grand que ce que la capacit perceptrice de la race humaine n a encore t capable de saisir Nous pouvons toutefois d

velopper cette capacité perceptive en apprenant à faire ce que les sages et les philosophes nous demandent depuis des siècles : écouter et suivre la sagesse du cœur. **L'intelligence du cœur** Jacques Benoit, 2014-05-05 Nous sommes plus ou moins prisonniers de notre ego, de nos motions, de nos passions, de nos a priori et de notre savoir autant d'éléments qui peuvent polluer nos décisions personnelles ou professionnelles. Essayons de briser ces liens, de sortir de notre bulle. C'est l'intelligence du cœur qui nous en délivrera.

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