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CULTIVER LA SÉRÉNITÉ; RÉSISTANCE; AU TRAVAIL



DUNOD, 2015. Paperback. Book Condition: NEUF. " Qu'est-ce qui me rendrait la vie plus belle au travail ? " " Comment gagner à la fois en sérénité et en efficacité ? " À partir d'un autodiagnostic sur son bien-être au travail, chacun est invité à explorer les voies qui l'amèneront vers plus de sérénité :- donner un cap à sa vie professionnelle ;- accueillir ce qui se passe ici et maintenant ;- simplifier son environnement professionnel ;- cultiver la force...

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- Authored by Bernard, Michel
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