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Combattre ses pensées négatives (Le Verbe de Vie) (French Edition)

Joël Pralong

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Je ne vais pas bien, je broie du noir, je déprime, je n'ai plus de goût à rien... Que ce soit de courts moments de découragement ou une déprime bien installée, nous ressentons tous des états d'âme, des coups de blues ou de cafard, des phases de mauvaise humeur ou de véritables angoisses.

Dans ce livre, Joël Pralong montre comment changer notre regard sur ces pensées négatives qui gâchent notre quotidien car "ce n'est pas l'événement qui nous rend heureux ou malheureux, mais l'interprétation qu'on s'en fait. " Il nous aide à décrypter nos sautes d'humeur comme nos crises d'angoisse et propose des moyens très simples pour trouver ou retrouver la paix intérieure.

Si nous voulons choisir la vie, si nous décidons à partir d'aujourd'hui de ne plus être "nos propres bourreaux", la balle est dans notre camp ! Au bout de la course, le résultat en vaut la peine puisqu'il consiste à trouver le véritable amour, à vivre dans et par l'amour.

Joël Pralong est curé-solidaire sur le secteur paroissial de Nendaz (diocèse de Sion, Suisse).

Il a été ordonné prêtre en 1984. Amoureux de la Parole de Dieu et passionné d'écriture, il s'intéresse aussi aux voies spirituelles qui aident l'humain à grandir et à devenir pleinenement lui-même.

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