

Dr François Choffat

LA GRIPPE ? PAS DE PANIQUE !

Prévenir, soigner, guérir



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EDITIONS



La Grippe Pas De Panique

Anthony S. Fauci



La Grippe Pas De Panique:

Journal de bord d'une maternité décomplexée Déborah Laurent, 2020-07-22 Un livre d'culpabilisant sur la maternité Avant de tomber enceinte on me demandait C'est pour quand Je pensais que la pression allait se calmer une fois l'embryon logé au creux de mes entrailles j'avais tout faux Une fois enceinte les gens savaient mieux que moi ce qu'il fallait faire ou non et ne s'est pas arrangé quand mon fils est né et pas non plus dans les années qui ont suivi sa naissance Il me restait de tout et de rien C'est entendre tout et son contraire et avoir la pression sans cesse Vous serez jugés si vous allaitez ET si vous n'allaites pas si vous laissez pleurer votre bébé ET si vous accouchez au premier cri si vous travaillez trop depuis que vous êtes maman ET si vous ne travaillez pas Vous savez quoi Vous avez le droit de n'avoir qu'un seul enfant Et vous avez le droit de en faire plusieurs plus de deux ans d'intervalle Vous avez le droit d'être frustrée et de regretter votre vie d'avant Vous avez le droit de refuser les visites la maternité Bref vous avez tous les droits c'est vous la mère Il est grand temps d'arrêter de culpabiliser Le livre qui vous encourage à être la mère que vous voulez être vous moquant de ce que les autres pensent Découvrez le journal de bord d'une maman ses réflexions ses motions ses expériences de vie PROPOS DE L'AUTEURE Déborah Laurent Journaliste expérimentée j'ai travaillé et je travaille encore pour les plus grandes rédactions en Belgique En presse écrite d'abord en rédaction web ensuite je sais comment raconter une histoire et comment faire pour qu'elle soit lue **Le Rire rouge**

,1918 **Rire**, 1918 Le Rire, 1917 **Cher Journal : Si je meurs avant le jour** Jean Little, 2012-11-01 Ramené d'Europe par des soldats ayant combattu lors de la Première Guerre mondiale la grippe espagnole fait des ravages au sein de la population canadienne Fiona Macgregor est témoin des ravages de cette maladie qui risque d'emporter ses deux sœurs jumelles Dans les pages de son journal intime la jeune fille relate les événements de cette période marquante de l'histoire tout en confiant ses sentiments et ses craintes la grippe espagnole emportera-t-elle ses deux sœurs adorées Repère, 2009

Guérir la mère Ginette Bureau, 2019-02-20T00:00:00-05:00 Quand certains schémas de comportement souffrants se répètent dans notre vie et dans celle de nos enfants quand par loyauté familiale les anniversaires reviennent dans notre corps un deuil non digéré il faut s'interroger sur notre mémoire transgénérationnelle Sur le ton de la confidence oscillant entre le récit et l'essai Ginette Bureau raconte sa propre histoire et nous montre comment un blocage peut s'installer dans le corps et l'esprit et traverser les générations Elle nous relate les effets dévastateurs des non-dits sur sa propre lignée familiale et le secret maternel que ses recherches lui ont permis de démasquer Pour l'auteure c'est en intégrant et en digérant ce conditionnement reçu que l'on peut s'en dégager et lui faire perdre son pouvoir et ainsi reprendre notre liberté dans notre corps et dans notre L'express international, 2009 **L'Unión médica del Canadá**, 1918 Spartacus International Gay Guide, 1985 *La panique* Yves Dieryck, 1960 **Les Missions catholiques**, 1918 **Livres hebdo**, 2009-10 **La peur dans l'histoire** Jean Palou, 1958 Le point, 1998 *L'Expansion*, 2005 **Archives internationales de laryngologie, otologie-rhinologie, broncho-oesophagoscopie**, 1906 **1998-2008, une décennie de luttes sociales** Patrick

Schindler,2009 Bulletin de l'Office international d'hygiène publique Office international d'hygiène publique,1918
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