



# Le courage d'être soi

*Jacques Salomé*

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## Le courage d'être soi Jacques Salomé

Ce livre, entre psychologie et spiritualité, vous guide à travers les obstacles de la vie pour vous aider à les dépasser. Car on peut sortir grandi et plus fort des difficultés que l'on rencontre. Jacques Salomé nous conduit à explorer les zones d'ombres de notre personnalité, à surmonter les blessures et les souffrances qui nous enchaînent, à choisir la fidélité à soi pour découvrir l'espérance spirituelle qui est en chacun de nous.

## Le courage d'être soi Details

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Author : Jacques Salomé

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## From Reader Review Le courage d'être soi for online ebook

### Julie says

Des idées intéressantes, une perspective différente sur les événements de la vie.

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### Nicole says

I didn't finish this book, really boring! Not for me. The title attracted me but nothing else.  
2 stars for the benefit of doubt.

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### Tatiana Z. says

O introduce în arta de a comunica la nivelurile profunde ale conștiinței, pentru a pune bazele unor relații vii și armonioase cu sine și cu ceilalți.

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### Nafsika says

"Αναγνωση, ?τσι, στη ζω?, χωρ?s τη διατ?ρηση επαναλ?ψεων και πιστ?s υπακο?s στις εμμον?s των γον?ων, που ε?ναι βαρ? φορτ?ο για να τις φ?ρει κανε?s, ..."

"Η δημιουργ?α και οικοδομ?η τους ως ανεξ?ρτητα ?ντα, που σ?βονται τον εαυτ? τους, μπορε? να αποκαλυφθε? για κ?ποιους μια απ? τις μεγαλ?τερες προκλ?σεις της ζω?s τους."

Ταυτ?στηκα με δι?φορα συναισθ?ματα και ερωτ?ματα που αναδ?ονται διαβ?ζοντας το βιβλ?ο αυτο.

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### Pat says

This is the first book of Jacques Salome's that I picked up. A great read. It will challenge your thinking about your relationship to yourself as well as your relationships with others.

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### Nicoleta says

Aveam o p?rere proast? despre c?r?ile de dezvoltare personal?, dar am zis s? le dau o ?ans?.

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### **Rebecca Mari-Mohl says**

Un must in biblioteca fiec?rui cititor. De citit, de luat aminte, de înv??at. Salome e un tip pe cinste, mie mi-a pl?cut teribil.

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### **Azar-Maud RAZAGH says**

"Osé ta vie,toi seul la vivras."

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### **Antonia♥ says**

Didn't like this one at all. Actually, I didn't even read all the chapters, too boring!

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### **Catherine Amozen says**

O carte profund? ce trebuie citit? cu aten?ie. Sunt prezentate idei de via?? care te pun pe gânduri.

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### **Eliza says**

DNF @50%

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### **Ana says**

Credeam ca acesta carte va contine cateva trucuri de cum sa comunicii eficient, dar a fost mai mult un indemn de cum sa iti asumi responsabilitatea permanenta pentru propria viata.

In ultimele luni m-a urmarit acest cuvânt mai mult ca altadata si cu ajutorul acestei carti am inceput sa nu il mai vad cu o conotatie negativa si grava. Recunosc ca m-a ajutat un pic si Jordan Peterson aici. De aceea, desi cartea este intr-adevar scrisa cam alambicat, cu fraze poate vrute poetice, dar mai mult melancolice si triste, nu as da deloc la o parte ideea un pic a la Osho :) ca suntem "o masa de energie si iubire universala care ne-a fost incredintata si fata de care avem datoria sa o dezvoltam intr-o forma unica, cu toata libertatea posibila... sa descoperim ce este mai valoros din universul nostru de posibilitati, sa avem curajul de a deveni noi insine ... fiinte autonome, adulte, creatoare".

Cartea nu este un tratat de psihologie, autorul pare mai mult un batran melancolic, un pic cam egoist, care se uita inapoi la viata sa si ne indeamna sa facem cam la fel ca el: cu orice pret sa ne descoperim, sa nu ne lasam doborati de suferinta, pt ca toata lumea trece prin ele, sa nu ne uitam prea mult in urma, poate doar ca sa intelegem de ce avem anumite reactii si purtam in noi anumite comportamente sau "fidelitati" sau "misiuni compensatorii".

Din fericire citesc in acelasi timp o carte care indeamna la mai multa compasiune (Arta fericirii scrisa in



## **Melania Marianu says**

First of all the title of the book is misconceiving. It's a strange blend of glimpses from the authours life, with the allready-told a hundred of times over of the importance to separate the content from the comunicator, to constantly asses our feelings and relations, to be aware of how the people we interact with amplify the positive or the negative feelings in us, only to find at the end of it a few guidelines to an assertive comunication which carries a fancy name "The ESPERE method", and to recall the four truths of budhism about life and suffering. Even though the style was too pretentious in respect to its content, the book was still worth reading even for only reminding yourself the importance of self-affirmation and to avoid the traps other may set us up (with or without intention) by culpabilization, making feel us feel responsible for their feelings or choices, accusations, manipulations, etc. The gem of the book was at the end for me, to view life and every person we meet as a gift and take responsibility for our life.

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## **Veronique says**

I just finished this short volume and realize that not only I did not learn anything, but I am already forgetting it (I'll admit to reading multiple books at the same time.)

From the start, there was something that bothered me, it might be the style (I read it in French), the tone of the author that gave me a bad impression about his personality. I found the writing needlessly complicated, borderline arrogant. Some find it poetic, I don't.

Then about the substance; more than once, I was bothered by what I could read between the lines. I felt some rigidity, a lack of concession from the author that gave me the impression he could easily promote divorce (and I have absolutely nothing against divorce being a divorcee myself.) A lot of his reflections also seemed extremely abstract, borderline random, with no real analysis to prove his point.

Maybe what bothered me the most in the end, is the lack of humanity of the author that transpired during the reading. I hope I am wrong and this is totally subjective, but Salomé did not seem to have much compassion, appeared quite cold after reading this book.

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