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un dirigeant seul face à une décision un jeune isolé accroché à son téléphone une femme enfermée dans une relation toxique un couple dysfonctionnel qui se maintient par peur de finir seul peu importe le scénario quand la solitude est subie elle frappe toujours avec la même force guidée par un être saboteur le connard pour alexia borg il est clair que la solitude subie est moins une blessure à guérir qu une entité toxique à combattre mais la bonne nouvelle c est qu en examinant comment ce sale personnage s infiltre dans nos vies il est possible de reconditionner nos schémas de pensée inconscients pour le mettre définitivement k o chaque chapitre aborde un scénario différent et propose des exercices efficaces issus de pratiques de psychologie pour nous aider à surmonter nos défis personnels et passer d une solitude subie à une solitude choisie car oui la solitude peut devenir une force libératrice plutôt qu une sentence parce qu apprendre à être seul c est ouvrir la voie à toutes les victoires possibles

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