

Rébecca Shankland      Christophe André

# Ces liens qui nous font vivre

Éloge de l'interdépendance



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## The Ties That Keep Us Alive

In Praise of Interdependency

Authors: Rébecca Shankland - Christophe André

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We need each other now more than ever!

In contemporary society, our connections to others have been replaced by autonomy, individualism, and new technology. What does the latest psychology research tell us about interdependency and its importance to well-being? International bestselling psychiatrist Christophe André and Senior Lecturer in Psychology Rébecca Shankland shed new light on how our relationships with others contribute to our inner sense of security, taking us on a voyage of what it truly means to be human!