



Date : 19/02/2026

Pages : 224

Format cm : 15 x 21

Prix : 18.0

EAN : 9782416023606

## Finding Emotional Balance

Managing the Impact of Each Season on Your Mind and Well-Being

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Publisher : Eyrolles

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Personal development

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The key to maintaining your balance all year long.

The different seasons set the tempo for our lives. Although many view these transitions simply as meteorological changes, in reality, they often have a profound impact on our mental health and emotional well-being. Each season has its distinctive characteristics: changes in light, biological rhythms, personal and professional obligations... Seasonal affective disorder doesn't manifest itself in the same way for everyone. Learning to better understand ourselves enables us to better embrace the reality of changing seasons.

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