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Les blessures du silence livre de poche

A woman has gone missing and her husband claims it was suicide, while her parents believe she was murdered, and her colleagues think she ran off with an lover. But what if everyone is wrong? Who can you trust? Who is manipulating whom? This novel, written by journalist Natacha Calestrémé, explores the effects of domestic abuse, the silences that accompany it, and the traps that fall into place for those around her. It also provides a key to breaking free from this cycle of violence. The book has been praised by readers who have found it helpful and engaging. One reviewer said it was like finding their way back after being lost for years. The author, Natacha Calestrémé, is a journalist and documentary filmmaker who has won several awards for her work. This is the fourth investigation she has written. The book is part of the "Thrillers" series published by Le Livre de poche and was released in 2019. Le polar guérisseur de Sandrine Grabarz présente deux protocoles pour récupérer l'énergie perdue après une épreuve (protocole 5) et pour libérer l'énergie que l'on a perdue lorsqu'on a été déstabilisé (protocole 6). Dans son roman "La Clé de votre énergie", l'auteure explore les effets du harcèlement conjugal, les silences qui accompagnent cette violence invisible et les pièges dans lesquels tombe l'entourage.