



Vivre heureux sans drogue: Abstinence, substitution, salles d'injection, dépénalisation (French Edition)

Ambroise Pic

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Immergé dans la réalité de la drogue par son expérience d'accompagnement auprès de jeunes toxicomanes, Ambroise Pic emploie le ton juste de celui qui sait de quoi il parle. Il propose une réflexion qui va bien au-delà des données médicales ou psychologiques et qui répond de manière ajustée aux vraies questions : pourquoi la toxicomanie, comment en sortir, comment aider nos enfants pour éviter qu'ils tombent dans ce piège ?

Il développe des principes pour une éducation préventive, dévoile des clés qui pourront permettre à des personnes tombées au fond du gouffre de se relever et présente toute une pédagogie qui s'enracine dans la vie quotidienne par le retour au réel, le travail, la relation, l'amitié, la confiance, l'amour inconditionnel et une recherche spirituelle. Son texte est d'autant plus ancré dans le réel qu'il y intègre des témoignages illustrant bien qu'un chemin de bonheur s'ouvre toujours pour ceux qui choisissent la vraie vie.

Un langage vrai, une approche précise des différentes drogues, des pistes claires pour mieux comprendre, aider et prévenir.

Né en 1975, Ambroise Pic, après une école de commerce et des études de philosophie, est actuellement responsable pédagogique de l'association Saint Jean Espérance, fondée en 1987 pour l'accueil, l'accompagnement et la réinsertion de toxicomanes de 18 à 35 ans.

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