



Trop gentil pour être heureux : Le syndrome du chic type (French Edition)

Robert-A Glover, Christophe André (Préface), Clémence Ma (Traduction)

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Le chic type, c'est l'homme idéal, celui qui fait tout bien : il est généreux, il est attentif aux autres, il évite les conflits, il ne porte pas de jugements, il veut faire plaisir, il recherche le consensus et l'approbation d'autrui en particulier celle des femmes, qu'il sait merveilleusement bien écouter (sauf la sienne) , il est poli et affable, bref un véritable gentleman. En retour, il attend d'être heureux, aimé, compris, reconnu, et que la vie lui sourie parce qu'il le vaut bien. Mais en dépit des apparences, le chic type n'est pas un prince charmant. Il est plein de défauts et ses attentes sont telles qu'il n'en retire souvent que frustration. Comme il ne sait pas se comporter différemment, il se protège derrière son armure de perfection et recommence sur le même registre tout en se sentant de plus en plus frustré. Malheureux, il finit par se considérer comme une victime et en vouloir aux autres. Puisque sa gentillesse ne paie pas, il devient méchant...

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