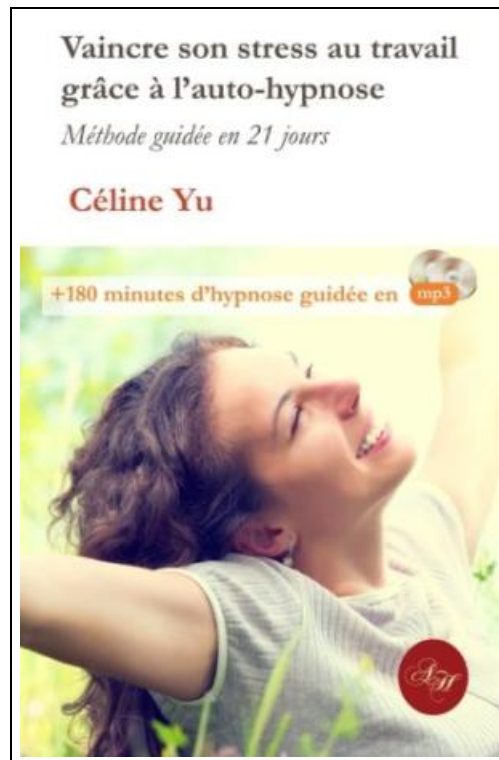


Vaincre Son Stress Au Travail Grace A L Auto-Hypnose: Methode Guidee En 21 Jours + 180 Minutes D Hypnose Guidee En MP3 (Paperback)



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Reviews



Basically no phrases to spell out. It is actually rally interesting through studying time. You can expect to like just how the article writer create this publication.

(Braden Leannon)

VAINCRE SON STRESS AU TRAVAIL GRACE A L AUTO-HYPNOSE: METHODE GUIDE E EN 21 JOURS + 180 MINUTES D HYPNOSE GUIDE E EN MP3 (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Le stress est devenu une maladie banale, tellement normale que nous avons meme du mal a imaginer une vie active moderne sans lui. Celine YU, Hypno-coach experimentee et fondatrice de l'Atelier de l'Hypnose, nous livre ici, une veritable solution centree sur l'auto-hypnose, qui nous permet de vaincre une fois pour toutes, notre stress au quotidien. Cette methode est presentee sous forme de 45 exercices pratiques, simples a appliquer, et efficaces immediatement, etales sur 21 jours. En plus de solutions symptomatiques qui nous permettent d'obtenir une relaxation mentale et physique profonde des les premiers jours, l'auteur nous propose des exercices qui visent a deraciner le stress a sa source: la pression sociale, la peur du jugement, le stress ambiant, l'accablement des problemes, la surcharge de travail etc. Elle prend egalement en compte la realite de notre environnement de travail moderne, ou les exigences de performances et de resultats ne cessent d'augmenter. Afin de perenniser le changement, des exercices inedits sont proposes pendant la derniere semaine, pour nous aider a faire de la serenite fraichement obtenue, un etat permanent d'etre. C'est ainsi un tout nouveau mode de vie et de pensee qui vous attend a l'accomplissement de cette methode.

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