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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Comment atteindre la paix interieure Apprenez a vous liberer du stress et des contraintes de votre vie quotidienne. Vous avez envie d atteindre l etat de paix interieure, ainsi que le calme et la serenite qui en decoulent ? Ce n est pas difficile, tout le monde en a la capacite ! Il vous suffira de vous liberer du stress et des contraintes de votre vie quotidienne, afin de prendre le temps d etre, tout simplement. La paix interieure est un etat d esprit. Quelle que soit la situation dans laquelle vous vous trouvez, vous devriez commencer par vous relaxer, puis reflechir et enfin agir. A la fin de ce petit guide pratique, vous aurez les vraies astuces pour liberer votre esprit et vivre une paix interieure sans precedant.



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