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Journaliste, *working girl*, sportive accomplie, bien dans sa tête et dans ses baskets,

Laury Thilleman nous divulgue, dans cet ouvrage, de précieux conseils pratiques

inspirés de son quotidien *healthy* et sportif, pour nous accompagner dans notre

quête du mieux-être : trouver la pratique qui convient et s'y tenir tout en progressant,

adopter une alimentation plus respectueuse de son corps et de son rythme

de vie, travailler sur ses pensées positives, se soigner au naturel, développer sa

conscience écologique...

*Au TOP* (Tonic, Organic, Positive) est un ouvrage riche et inspirant qui s'appuie également sur des paroles d'experts (coachs sportifs, athlète de haut niveau, homéopathe, chef cuisinier...) pour vous aider à devenir la meilleure version de vous-même tout en vous faisant plaisir au quotidien.

Dans ce livre, pas de grandes promesses mais, au contraire, tous les conseils qui vous manquaient pour vous lancer et adopter l'attitude qui vous fera du bien.

Maintenant c'est à vous de jouer et de créer votre propre programme pour être *Au top* !

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