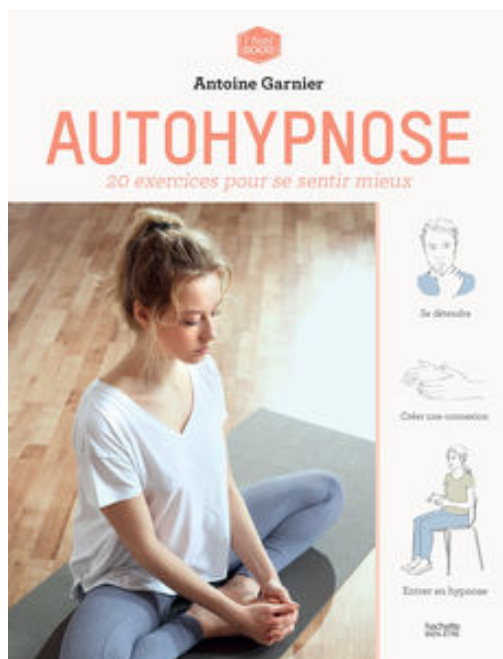


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Découvrez 20 exercices illustrés pour mettre en application la méthode de l'autohypnose.

Applications proposées : Retrouver le sommeil, Lâcher prise, Développer l'estime de Soi, Développer la confiance en Soi,

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