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Une aventure inoubliable dans des décors à couper le souffle, mais aussi un voyage intérieur qui lui permet de nous faire entrevoir les ressources fabuleuses que chacun de nous possède au fond de lui.

Sarah ne donne ni conseils ni recettes, c'est nous qui les découvrons au fil de ses pas. Oublier la peur pour mieux évaluer le danger, accepter de revenir en arrière quand on s'est trompé de chemin, se relier à la Terre en la respectant et se fier à ses instincts... Croire à la magie de nos vies et faire de leurs zones d'inconfort des "sur-vies" où nous donnerions le meilleur de nous-mêmes.

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