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La méthode originale et dynamique mise au point par Laure d'Astragal allie la pratique en ateliers d'écriture à une authentique démarche de développement personnel pour vous aider dans ce projet.

Grâce à des exercices inédits et des « pas à pas », vous réussirez à tisser le fil rouge de vos expériences, développer votre plaisir d'écrire, donner corps à votre histoire personnelle et porter un regard bienveillant sur votre propre vie et sur vous-même.

Une grande aventure narrative, mais aussi une formidable opportunité de découverte de soi que vous n'auriez peut-être jamais envisagée !

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