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Comment ? En apprenant à appliquer des technique de self-control comme des postures corporelles particulières, des exercices de respirations et des rituels sources de ressourcement. Il aborde aussi la question des attitudes à bannir et à adopter pour que son corps et son esprit se rassèrent. La Méditation pleine conscience pour les Nuls, un guide simple à utiliser au quotidien pour mieux vivre, en accord avec soi !

Avec une préface de Christophe André.

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