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ATTEIGNEZ VOS OBJECTIFS AVEC LA PNL



Download or Read Online PNL - 10 méthodes pour atteindre enfin vos objectifs Alexis Delune Free eBook PDF/ePub/Mobi/Mp3/Txt, Et vous, que feriez-vous si vous pouviez programmer votre cerveau à la réussite de vos objectifs ?

Après de nombreuses recherches en PNL, j'ai choisi pour vous les méthodes gagnantes pour la réalisation de vos projets. Un guide pratique et ludique, qui programme votre cerveau en mode réussite. Apprenez ainsi comment :

- . « Forcer » l'esprit à s'orienter vers la réussite
- . Installer une dynamique de changement au cœur de votre quotidien
- . Détecter les attitudes gagnantes de son entourage et s'en inspirer
- . Renverser la courbe des comportements négatifs
- . Détecter infailliblement chaque aspect d'un projet

. Ne plus subir la crise mais la vivre comme un défi à relever

Et encore bien des techniques pour envisager l'avenir dans un état d'esprit serein et positif !

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