

# Download Quand ? Romantic And Loving Novel Michael Breus Lire Livres PDF



**Download or Read Online Quand ? Michael Breus Free eBook PDF/ePub/Mobi/Mp3/Txt**, Et si la question n'était pas QUOI faire ou COMMENT faire , mais QUAND faire ?

Et si au lieu de passer notre vie à nous torturer à coups de " comment mieux manger ", " comment mieux faire du sport ", " comment mieux travailler ", nous nous demandions plutôt QUAND le faire ? Notre bien-être ne serait-il pas avant tout lié à une question de timing ? C'est ce que nous démontre le docteur Michael Breus dans un guide totalement original, qui explore une nouvelle approche des rythmes circadiens.

Grâce à un test drôle et efficace, Breus nous aide à évaluer notre chronotype et à déterminer si nous sommes plutôt lion - 20 % de l'humanité -, ours - 50 % de l'humanité -, loup - 20 % de l'humanité -, dauphin - 10 % de l'humanité.

Une fois notre animal totem découvert, l'auteur nous apprend à réorganiser nos journées et nos nuits en fonction de notre biorythme idéal. Nourriture, sommeil, santé, travail, relations humaines, activités physiques, créativité... Breus fixe pour nous le meilleur moment pour effectuer chaque action de notre vie quotidienne.

Pour être plus épanoui, l'important est de trouver le bon

moment !

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