

FRÉDÉRIQUE CORRE MONTAGU

# COMMENT **rester** *zen*

quand son patron est au bord de la  
**crise de nerfs**



*marabout*

# [Comment Rester Zen Face Crise Ebook](#)

**Alexis Delune**



## **Comment Rester Zen Face Crise Ebook:**

Comment Rester Zen Face à la Crise Alexis Delune, 2017-03-28 Vouloir être zen dans un univers stressant est plus facile à dire qu'à mettre en place. Dans ce petit ouvrage pratique, découvrez comment faire en sorte que votre bien-être soit plus fort que la crise. Notamment, apprenez à repérer ceux qui cherchent à vous angoisser et à vous manipuler. Donnez un sens à votre pouvoir d'achat. Sachez comment positiver vos petits actes quotidiens. Jouez les pions de votre mental et ceux du monde moderne. Sachez comment développer votre Moi pour surmonter le stress ambiant. Sachez prendre du recul et ne plus laisser vos émotions vous dépasser. Crise mondiale, ce terme revient un peu partout et un peu tout le temps. On la ressent dans les conversations, les médias, mais également dans notre pouvoir d'achat et surtout dans notre esprit. Face à cela, même le monde du bien-être semble parfois désemparé. L'image du Bouddha méditant sereinement en haut d'une colline est trompeuse et surtout irréaliste. De nos jours, on vit surtout en ville, dans un monde de plus en plus instable, angoissant, pollué. Faut-il stresser, s'alarmer, redouter cataclysmes et guerres mondiales ? C'est ce que voudraient bien des gens. L'humain qui perd son sang-froid ne se maîtrise plus et se laisse manipuler bien plus facilement. Par des conseils techniques et astuces pratiques, apprenez à rester zen, coûte que coûte, même dans un monde en transition. Voyez la crise avec un nouveau regard et apprenez à transcender. Magnétiseur, formateur et auteur, Alexis Delune critique sur différents thèmes. Vivant en Île-de-France, il partage son temps entre critique, peinture, sport, famille et différents projets artistiques. Pour couvrir chaque semaine de nouvelles ressources et astuces, bien-être, rendez-vous sur son site [magnetisme-et-bien-etre.com](http://magnetisme-et-bien-etre.com). Vous pouvez y télécharger gratuitement l'eBook. Apprenez à vous couper des ondes négatives. **Comment rester zen quand son patron est au bord de la crise de nerfs** Frédérique

Corre Montagu, 2013-08-21 Savourez l'instant présent, darling, c'est la clé de tout. Fais comme moi quand je sens que je vais imploser : je saute dans mon jet. Les moines tibétains sont si accueillants. Eh bien, vous, votre quotidien, c'est les grèves, de même, le boss psycho et point de pagode à l'horizon. Alors, pour le zen, il faudra repasser. C'est ce que vous croyez. Ce petit ouvrage va vous révéler 20 mantras accessibles, même et surtout aux non-initiés, comment mettre du zen dans votre vie, en réhumanisant votre bureau, en vous protégeant des mauvaises énergies et des gens stressants, en riant plus souvent et en faisant un spa chez vous. Et tout ça sans tige orange ni gourou. Un point, c'est tout. Quotidien zen ! Trucs & astuces antistress Alexis

Del, 2015-01-01 Une multitude d'astuces et conseils 100 % axés sur le développement personnel. 4 grands thèmes : 1. Programme de redécouverte de soi. Se changer, se transformer. Certes, mais pas avant de savoir qui on est. C'est même par là que tout doit débiter. Apprenez ainsi à filtrer les champs d'information, à prendre le contrecoup des mauvaises habitudes, à cultiver le futile qui en fait, n'est pas. Concocter un emploi du temps bien-être. Et même apprendre à ne rien faire. Entre autres. 2. Astuces pour allergiques au bien-être. Tout le monde n'est pas sensible aux méthodes bien-être, vous en avez un cas de sésame. Si oui, découvrez 5 principes pour réfléchir vraiment efficacement. Le secret de la démarche globale. Comment aller de la complexité à la simplicité. Comment ne plus être sans cesse dans l'attente. Et bien davantage. 3. 10 pions du monde moderne et comment les jouer. La

vie moderne comporte des pièges auxquels nous ne sommes pas préparés. Pourtant la société d'aujourd'hui est pleine de belles opportunités. Apprenez à combattre nombre d'addictions modernes. Vous devez faire de la culture de l'impatience. Apprenez à gérer un élément afin d'encadrer la force. Changez votre rapport au travail. Et bien plus encore.

#### 4 Comment rester zen face la crise

Par des astuces pratiques considérez la crise d'un nouveau regard et sachez la transcender. Ainsi découvrez comment Positiver vos petits actes quotidiens Repérer les manipulateurs Jouer les pièges du mental Ne plus laisser les motions vous dépasser Mais pas seulement Une mine d'or de conseils pratiques

Coffret Bien-être and découverte de Soi Alexis Delune, 2017-03-30

Stress crise manque de confiance en soi douleurs passées chaque jour des soucis surviennent et vous empêchent d'avancer. Découvrez les techniques permettant de transcender vos doutes afin de réaliser votre chemin de vie coûte que coûte. Le coffret qui vous fait découvrir un trésor exceptionnel vous Un coffret réunissant 5 eBooks centrés sur la découverte de soi Astuces zen pour allergiques au bien-être Si vous considérez ne pas être fait pour le Zen et la détente que ce n'est tout bonnement pas pour vous vous faites erreur. Ce petit guide pratique est l'entrée en matière qu'il vous faut pour apprendre sans apprendre presque sans vous en apercevoir. Découvrez notamment Les 5 principes pour réfléchir vraiment efficacement Le secret de la démarche globale Comment réagir face une visualisation positive erronée Hypnose pour tous Par des exercices de transe de visualisation et d'autosuggestion l'hypnose et l'auto hypnose vous apprennent vous à faire de vos chaînes Des tapes claires et expliquées simplement 19 exercices pratiquer seul ou deux En un mois maîtrisez toutes les bases et apprenez Programmer votre subconscient pour positiver vos journées chapper enfin vos addictions qui vous gâchent le quotidien Vous devez tacher de blocages venant de votre passé Sophrologie 17 méthodes faciles pour vivre positif Créez vous une armée de visualisations positives pour combattre vos pensées parasites Cette méthode de relaxation dynamique regroupe des techniques imparables pour renouer avec votre corps et votre esprit Puis évaluez les différentes thérapies la sophrologie se concentre sur l'efficacité et la simplicité travers des exercices concrets basés sur la vie de tous les jours découvrez comment renforcer vos actions positives tout en vous relaxant Anti Stress Méthode complète pour un quotidien apaisé Pour vous sentir mieux au jour le jour inutile de partir des années dans les contrées tibétaines pour méditer avec des moines bouddhistes Les astuces décrites dans ce petit guide pratique vous permettent d'avoir un esprit Zen en peine 3 semaines et de façon ludique Découvrez comment percevoir différemment vos chers créer un mur en béton entre vous et les éléments négatifs de la journée vous sentir plus dynamique dès le matin Comment rester zen face la crise Le monde moderne risque-t-il de vous dépasser Apprenez à résister la crise par le biais du développement personnel et concevoir une alternative face la tension ambiante Notamment Apprenez repérer ceux qui cherchent vous angoisser et vous manipuler Donnez un sens votre pouvoir d'achat Sachez comment positiver vos petits actes quotidiens Jouez les pièges de votre mental et ceux du monde moderne Dès maintenant partez la découverte de vous-même Magnétiseur formateur et auteur Alexis Delune critique sur différents thèmes Vivant en Ile de France il partage son temps entre écriture peinture sport famille et différents projets artistiques Pour découvrir chaque semaine de nouvelles ressources et astuces bien

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