

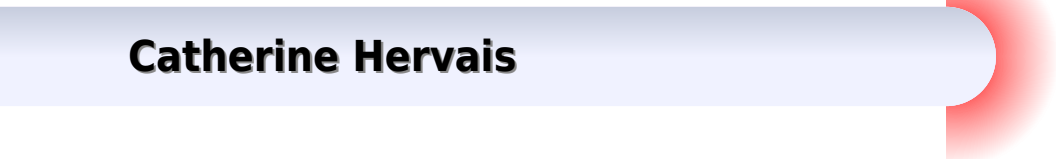


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Boulimie-Anorexie - Guide de survie pour vous et vos proches - 2e éd. Catherine Hervais, 2012-03-21 Ce livre vous expliquera pourquoi la volonté ne suffit pas sauf dans le cas de l'anorexie pure Il vous permettra aussi d'expliquer vos proches ce que vous ne ne compreniez pas jusqu'ici d'où vient pourquoi vous êtes hypersensible pourquoi vous vous sentez aussi nul le pourquoi un détail peut vous mettre ko comment on s'en sort L'auteur de ce livre est psychologue clinicienne spécialisée depuis 30 ans dans le traitement de la boulimie anorexie ancienne boulimique son approche thérapeutique tient compte de ses checks et de ses découvertes personnelles la boulimie n'est ni un vice de glotonnerie ni un manque de volonté mais le calmant d'une angoisse très profonde liée à un problème d'identité Ce n'est pas une fatalité ce n'est pas de votre faute on peut s'en sortir en devenant vraiment soi-même

Petit précis de médecine chinoise Gilles Donguy, Pascale Perli, Alain Tardif, 2025-05-16 T00:00:00+02:00 Découvrez tous les secrets de la médecine chinoise dans ce petit précis Qi Shen m'ridiens postures de Qi Gong ditique chinoise Grâce des conseils simples et illustrés trouvez des soins adaptés pour apaiser vos maux au quotidien

Boulimie-Anorexie - Guide de survie pour vous et vos proches Catherine Hervais, 2015-06-24 Edition actualisée du manuel de traitement des problèmes alimentaires développant une approche mise au point par l'auteur psychologue clinicienne spécialisée depuis plus de 30 ans dans le traitement de la boulimie anorexie ancienne boulimique la boulimie n'est ni un vice de glotonnerie ni un manque de volonté mais le calmant d'une angoisse très profonde liée à un problème d'identité Ce n'est pas une fatalité on peut s'en sortir en devenant vraiment soi-même

Méthode de nutrition Olivier Lafay, 2010 Méthode de musculation rebaptisée Méthode Lafay par le grand public connaît un succès phénoménal depuis 4 ans avec rien qu'en 2009 plus de 60 000 exemplaires vendus et plus de 250 000 lecteurs depuis sa parution Olivier Lafay est devenu un véritable OVNI dans le paysage de l'édition française et l'auteur numéro 1 incontesté dans les domaines du sport et de la forme Il fait son retour en proposant une méthode cette fois consacrée à la nutrition qui reprend les mêmes principes conceptuels ayant fait leurs preuves dans le domaine de la musculation Se faire une silhouette harmonieuse perdre de la graisse excédentaire prendre du volume Il permet chacun hommes et femmes d'atteindre ses objectifs en suivant des programmes volutifs et progressifs des conseils personnalisés et des réponses aux questions les plus fréquemment posées présentées d'une manière attrayante et ludique La capacité d'Olivier Lafay créer de vraies méthodes globales sachant s'adapter aux besoins de chaque lecteur se retrouve tout entière dans ce nouvel ouvrage La maîtrise de la nutrition est fondamentale si l'on veut faire valuer son corps Le coaching total proposé par Olivier Lafay permet de gagner aisément cette maîtrise sans perte de temps en douceur la façon d'un jeu qui duque le lecteur sans jamais l'ennuyer À noter que les lecteurs pourront apprécier une nouvelle fois les dessins d'Isabelle Touaty dont la sensibilité artistique a déjà séduit les adeptes de la Méthode Lafay

Sortir de la boulimie - 4e éd. Catherine Hervais, 2023-04-12 Pour sortir de la boulimie il faut la comprendre Et la comprendre c'est accepter que l'on ne puisse pas l'enrayer avec le contrôle nutritionnel et l'abstinence Bien au contraire ils ne font que

renforcer l'obsession de la nourriture La boulimie permet d'anesthésier et de refouler une angoisse existentielle qui serait insupportable autrement Ce guide propose des moyens concrets pour en sortir Il explique tout ce qu'il faut savoir sur les différents types d'addictions alimentaires sur les causes profondes de ce problème qui ne sont pas toujours celles que l'on croit et sur les thérapies proposées ce jour En sortir apprendra beaucoup de choses aux personnes qui en souffrent sans oublier leurs proches qui se sentent souvent dépassés Avant tout il faut apprendre devenir soi sans faux semblants *Comment j'ai survécu à la peste et au choléra ?* Patricia Labiano, 2020-04-21 Vous vous trouvez dans une situation difficile vivre Vous avez besoin d'explorer de nouvelles pistes pour vous sentir bien dans votre corps et dans votre tête Il existe des solutions simples des bonnes pratiques pour être mieux armé face aux coups durs et retrouver le chemin de la santé et du bien-être La médecine chinoise offre des richesses insoupçonnées dans lesquelles puiser pour atteindre l'équilibre du corps et de l'esprit A partir de son expérience l'auteur dresse la liste des ressources vers lesquelles se tourner lorsque la vie vous réserve de mauvaises surprises Elle vous initie aux bases de la médecine chinoise du Qi gong du Tai chi chuan de la diététique chinoise propose des exercices physiques des techniques d'autohypnose et des méditations guidées pour avancer sereinement sur votre route

Les aliments qui font maigrir Romain Mariage, 2016-07-20 Les aliments nourrissent votre corps au quotidien L'alimentation est indispensable vous mangez plusieurs fois par jour depuis votre naissance vous ne pourriez pas vivre sans manger tout le monde mange régulièrement y compris les personnes minces Dans ce guide je vous apprendrai à utiliser les règles de la minceur et les règles de la diététique pour choisir vos aliments et maigrir durablement Aucun aliment ne vous fera maigrir lui tout seul c'est l'alimentation dans sa globalité qui vous permettra d'atteindre votre poids idéal *Bien manger pour guérir !* William Li, Valérie de Sahb, 2020-08-27 LES 200 ALIMENTS QUI PEUVENT VOUS SAUVER LA VIE Et si les aliments étaient plus qu'un simple apport en énergie et en nutrition une forme de médecine Dans cet ouvrage novateur le Dr William Li avance un nouveau paradigme de relation à l'alimentation comme médicament Pendant des décennies nous n'avons eu des aliments sains qu'une compréhension superficielle nous nous sommes contentés d'appliquer des adages tels que La pomme du matin éloigne le médecin Parce qu'il a étudié en détail les micronutriments exceptionnels d'une large gamme d'aliments et leurs interactions spécifiques avec les cellules et les tissus du corps le Dr Li peut non seulement nous expliquer pourquoi cette pomme présente tant de bienfaits pour la santé mais aussi quelle variété choisir Pour la première fois un livre explique avec talent les principaux mécanismes employés par le corps pour lutter contre le vieillissement se défendre contre des infections envahissantes ou réagir des failles génétiques pouvant générer un cancer l'angiogenèse la régénération le microbiome la protection de l'ADN et l'immunité Le Dr Li nous présente les nutriments moléculaires les plus efficaces pour soutenir ces mécanismes et plus de deux cents aliments aux effets bénéfiques la fois sur les défenses de notre organisme et sur notre santé en général Un outil pratique le Cadre 5 x 5 x 5 des menus et une trentaine de recettes complètent cet ouvrage remarquable Livres de France, 2008-09 Includes 1982 1995 Les Livres du mois also published separately **Diététique**

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