

5 outils extraordinaires de connaissance de soi ©

Pour :

*Gérer vos relations
Trouver votre voie professionnelle
Réussir vos recrutements
Avancer vers votre vérité profonde*

*le Thème
Astral*

l'énnéagramme

la méditation

la croix Maya

*le Diamant
de Naissance*



Cinq Outils Extraordinaires Connaissance Soi Ebook

JA Banks



Cinq Outils Extraordinaires Connaissance Soi Ebook:

Cinq outils extraordinaires de connaissance de soi Eric Jackson Perrin, 2015-11-24 Ce livre explique ce qu'est la connaissance de soi et permet de comprendre synthétiquement l'astrologie l'astrologie Maya le Diamant de Naissance l'Ennagramme et la méditation

Les cinq outils de l'épanouissement Phil Stutz, Barry Michels, 2016-09-15 Phil STUTZ a exercé en qualité de psychiatre la prison de Rikers Island puis au sein d'un cabinet privé de New York avant de s'installer Los Angeles en 1982 Barry MICHELS exerce le métier de psychothérapeute depuis 1980 Alors que le modèle thérapeutique traditionnel est centré sur le passé un travail sur soi souvent long Phil Stutz et Barry Michels proposent des solutions immédiates et efficaces L'objectif changer sa vie au quotidien en se réappropriant cinq nouveaux outils pour sortir de sa zone de confort d'passer le labyrinthe de la colère surmonter le manque irrationnel de confiance se libérer du nuage noir des pensées négatives et savoir quels risques prendre Vous serez tout aussi témoin des exercices proposés que de leurs profonds effets sur votre vie Un livre positif et stimulant Sant Magazine Ouvrage précédemment paru sous le titre La Méthode Tools

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