

Guide de l'auto-hypnose et des pensées positives



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(Alec Langosh)

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Editions Vie Feb 2015, 2015. Taschenbuch. Condition: Neu. Neuware - Ce guide d'auto-hypnose et de pensées positives a été conçu pour une utilisation pratique immédiate. Issus de séminaires vécus ou animés par l'auteur, les exercices proposés ont été expérimentés et validés depuis plusieurs années. Notre souci premier a été la recherche de l'efficacité et surtout la facilité d'apprentissage. Nous vous souhaitons un franc succès dans la pratique de l'auto-hypnose et surtout la mise en application des nombreux exercices et visualisations contenus dans ce guide. 116 pp. Französisch.

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