

LA METHODE **FRANCE GUILLAIN**

Cette Méthode est un instrument de liberté et d'autonomie, qui a largement fait ses preuves. Elle s'est enrichie d'approfondissements, de récits de réussites, de nouveautés. Elle s'inscrit dans un tournant de nos vies, dont nous devenons acteurs. Nombreux sont ceux qui disent: « Elle a changé ma vie! Je n'ai jamais été aussi bien depuis longtemps! »

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France Guillain, auteur de best-sellers et de long-sellers, a écrit sa méthode depuis plusieurs décennies d'attente. Aucune technique de long cours n'auroit pu naître, elle a pu naître de nombreux humeurs, dans Le Bon Dodo, dans Q.3, dans Q.4 et dans Q.5, et nous chers amis aux Editions du Rocher.

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