

Les peurs & les croyances

Après son best-seller *Écoute ton corps*, qui a permis à des millions de personnes d'améliorer leur vie, Lise Bourbeau, pionnière du développement personnel, a donné des conférences, animé des ateliers dans le monde entier et a reçu de nombreux courriers de lecteurs.

Dans ce nouvel opus, elle répond à toutes les questions que vous pouvez vous poser au sujet des peurs et des croyances, et elle vous propose des outils pratiques et concrets afin de vous en libérer.

- D'où viennent toutes nos peurs ?
- Pourquoi avons-nous si souvent peur des autres ?
- Comment dépasser nos peurs ?
- Est-ce que toutes les croyances proviennent de nos parents ?
- Est-ce que la pensée suffit à changer une croyance ?
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Auteure mondialement reconnue, Lise Bourbeau a écrit 26 livres qui se sont vendus à plus de 5,5 millions d'exemplaires, dont les best-sellers *Écoute ton corps* et *Les 5 blessures qui empêchent d'être soi-même*. Elle est également la fondatrice de la plus grande école de développement personnel au Québec, *Écoute ton Corps*, qui dispense des ateliers dans plus de 28 pays et en 11 langues.



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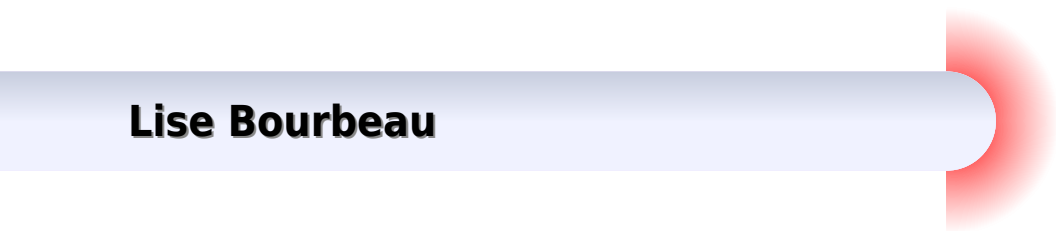
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Les Peurs Et Les Croyances Collection Eacuteecoute Ton Corps T

Lise Bourbeau



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Les peurs et les croyances Lise Bourbeau, 2021-05-05 Les peurs et les croyances Lise Bourbeau, 1993 Sous le mode de questions et réponses conseils pratiques pour vaincre les peurs et les croyances erronées qui empêchent le plein épanouissement de la personnalité *Ecoute Ton Corps Encore!* Lise Bourbeau, 1994-01-01 Ce deuxième tome est divisé en trois sections : celle du avoir, celle du faire et celle du être. Chacune de ces sections vous aidera à découvrir ce dont vous avez besoin pour être heureux et les actions nécessaires pour avoir ce que vous désirez dans la vie Écoute ton corps [enregistrement sonore] Lise Bourbeau, Centre Écoute ton corps, 1988 *Ecoute ton corps* Lise Bourbeau, 2012-10-17 Lise Bourbeau consacre sa vie à passer ses propres limites ainsi qu'à transmettre et partager avec les gens ses nombreuses découvertes. C'est toujours avec un immense plaisir qu'elle cherche à aider les autres à atteindre ce qu'ils veulent : la joie, la paix, la sérénité, la santé, la réalisation de nos rêves et de nos aspirations. Pour ce faire, vous devez prendre davantage conscience de vous-même, c'est-à-dire faire l'expérience consciente de ce qui se passe en vous aux plans physique, émotionnel, mental et spirituel. Lise Bourbeau met à profit son expérience et ses connaissances au service des personnes qui désirent entamer et poursuivre leur développement intérieur. Les enseignements contenus dans ce livre vous révèlent plusieurs moyens concrets et efficaces pour y parvenir. L'auteure est très heureuse de vous offrir cette édition spéciale en l'honneur de son vingt-cinquième anniversaire de sa parution. Elle a aussi ajouté un 22^{ème} chapitre sur l'Acceptation. Ce livre dispose en fin de chapitre des exercices pratiques qui contribuent à vous faire devenir conscient de votre façon de vous aimer et d'aimer les autres. Comme vous récoltez ce que vous semez, plus vous aimez, plus vous récolterez l'Amour. Nouvelle édition entièrement révisée et augmentée. Un ajout indispensable *Écoute ton corps, encore!* Lise Bourbeau, 2022

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