

LE SECRET DES AUTO-MASSAGES CHINOIS

Sandra et Olivier Stettler



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Le Secret Des Automassages Chinois

Jean-Paul Pes



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Le secret des auto-massages chinois Olivier Stettler, Sandra Stettler, 2018-01-16 **Le secret des auto-massages chinois** Olivier Stettler, 2014-05-28 Aimeriez vous quitter votre domicile chaque matin en pleine forme Si votre réponse est oui ce livre constitue un outil précieux pour y parvenir Vous y découvrirez une pratique millénaire en Chine les auto massages Cet enchaînement de gestes et de pressions sur des points clés de l'organisme vous permettra d'augmenter votre vitalité Vous apprendrez également vous détendre rapidement vous recentrer et surtout surveiller votre Guérisseur intérieur grâce à la puissance thérapeutique du son de la couleur et du sourire intérieur Ces exercices simples et efficaces pratiqués régulièrement constituent une action préventive et curative l'un gard d'un grand nombre de troubles physiques et motionnels

La bible des remèdes naturels, **La boulimie** Franck Senninger, 2013-09-11 La boulimie est un trouble du comportement alimentaire qui se caractérise par une essence propre des facteurs prédisposants particuliers et une histoire individuelle Elle affecte environ 15% de la population et prend de plus en plus d'ampleur dans nos sociétés de consommation Quels sont les signaux qui annoncent une crise de boulimie Que faire en cas de crise Comment perdre du poids Comment perdre de la graisse quand on est atteint de compulsions alimentaires ou de boulimie Au fil des pages l'auteur détaille les différents symptômes de cette pathologie de manière à agir sur ses trois composantes principales psychologique comportementale et nutritionnelle L'écoute des signaux internes l'apprentissage nutritionnel la mise en œuvre de techniques variées relaxation hypnose etc constituent les différentes tapes de la guérison Ainsi débarrassé de ses crises et de ses angoisses la personne peut retrouver un rythme alimentaire normal et mettre enfin une fin à sa faim

8 minutes pour être en forme Jean-Paul Pes, 2013-08-21 Je respire je me motive je m'étire je m'assouplis je me grandis je me tonifie je m'ouvre je m'active C'est avec ces 8 prises de conscience des possibilités du corps et de l'esprit et des exercices simples que l'auteur vous invite à buter chaque jour 8 minutes de gymnastique et de spiritualité qui vont vous aider toute la journée Vous trouverez ainsi un nouvel équilibre durable entre votre corps et votre esprit lequel sera le garant d'une vitalité et d'une force accrues d'un dynamisme permanent Une discipline quotidienne qui bientôt deviendra indispensable votre bien-être en forme c'est dégager une belle énergie rayonnante en soi et autour de soi une énergie perçue positivement par votre entourage 8 minutes pour

prendre en main et gérer au mieux votre vie et votre santé **Le bonheur de courir** Jean-Paul Pes, 2013-10-30 Courir est une activité naturelle. En effet, si notre corps est conçu pour se déplacer rapidement, notre civilisation nous a fait perdre l'habitude de la course qui est devenue une activité codifiée que l'on fait certains moments. L'apprentissage sensori-moteur est essentiel pour faire ressortir l'unité vers laquelle tend cette activité stimulant corps et esprit. C'est du reste le propos essentiel de ce petit livre qui n'insiste pas sur les performances et la technique de la course mais qui ouvre sur les chemins de l'accomplissement de l'effort comme quete de soi et du bonheur. Il vous rappelle fort propos que la route et l'état d'esprit dans lequel on la parcourt sont plus importants que le but qu'il faut courir comme dans la vie. Merveille. Empreinte de la sagesse de saint Augustin disant : Quiconque veut se parer lui-même du corps perd la raison. L'auteur vous invite donc à un retour sur soi, une recherche de l'unité grâce au plus beaux outils de développement que vous puissiez posséder : votre corps et votre joie de vivre.

Soulager son syndrome prémenstruel : Des solutions naturelles Karine Ravier-Wrobel, Daniel Kieffer, 2014-02-26 Si vous souffrez de migraines, troubles digestifs, problèmes de peau, prise de poids ou encore douleurs dans la poitrine avant vos menstruations, c'est probablement la manifestation d'un syndrome prémenstruel. Même si ces symptômes sont banalisés et peu considérés, ils peuvent vous gâcher la vie au quotidien. Cet ouvrage vous propose différentes techniques naturelles et réponses adaptées pour traverser cette période du cycle plus sereinement. Hygiène de vie, alimentation adaptée, compléments alimentaires, relaxation, plantes, huiles essentielles : vous découvrirez diverses astuces pour réduire vos symptômes et profiter pleinement des joies d'être une femme.

Du divorce à la famille recomposée Christel Petitcollin, 2013-11-13 Aujourd'hui, le divorce est en passe de se banaliser. C'est un phénomène de société. Les lois françaises ont entériné ce fait en simplifiant les procédures de séparation. L'espérance de vie en augmentant, nous permet de vivre plusieurs vies en une, ce qui veut dire plusieurs histoires d'amour, donc autant de ruptures. Vivre trois ou quatre unions au cours d'une vie deviendra bientôt la norme. Pourtant, on aura beau dramatiser le divorce et les recompositions familiales, la rupture reste toujours un vecteur de stress et de souffrance dans la vie des êtres humains et la séparation des parents un événement fondamental pour leurs enfants, douloureux voire traumatisant si les parents ne sont pas vigilants à protéger dans la tourmente de leur séparation. Ce livre est un kit de survie pour traverser les tempêtes de la dissolution sans boire la tasse ni noyer sa progéniture et atteindre au plus vite l'île d'une nouvelle plénitude.

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