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en
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Erik Pigani



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Gaston-Sloan,2015-10-07 D couvrez chaque jour ce qui fait les Etats Unis Histoire culture traditions patrimoine grandes entreprises vous saurez tout sur ce pays qui fascine autant qu'il intrigue Vous découvrirez par exemple d'où viennent les donuts comment est né le rap qui sont les Amish ou encore quelle est l'origine de la devise nationale américaine sans oublier d'agrables petits détails par les parcs nationaux ou les grandes villes incontournables du territoire américain Et chaque fois retrouvez une oeuvre film livre chanson série télévisée qui illustre le thème du jour et vous offrira une véritable immersion au

cœur de l'américain way of life Let's go **365 jours zen** Erik Pigani,2015-10-07 **J'ose être qui je suis** Catherine Barry,2023-06-07 Vous avez le sentiment d'être saturé Vous vous sentez coincé dans votre vie votre travail vos relations Vous n'en pouvez plus Vous avez l'impression de passer c'est de vous même Cela se manifeste peut-être par de la tristesse de la colère du stress des addictions certaines douleurs aiguës ou chroniques etc Ces signaux envoyés par votre corps peuvent produire le déclenchement nécessaire pour entamer un processus de transformation Ce livre vous invite à faire l'expérience de ce processus travers les 20 pratiques qu'il propose vous apprendrez à écouter votre corps vous rencontrer vous poser au cœur de vous même et de l'existence Vous emprunterez des chemins qui transformeront au fur et mesure les idées peurs motions et énergies qui vous bloquent Une méthode singulière qui vous emmène à la rencontre de vous même pour vous révéler enfin L'approche de Catherine Barry s'inspire des formations qu'elle a suivies depuis plus de trente ans notamment de méditation générale cinq années d'études de méditation traditionnelle chinoise de sophrologie de coaching en entreprise l'hypnose médicale et thérapie telle que transmise par François Roustang et la méditation telle que les maîtres de la tradition tibétaine la lui ont enseignée De 1997 à 2007 elle a par ailleurs présenté Voix bouddhistes première mission hebdomadaire consacrée au bouddhisme en Europe Retrouvez-la sur son site Internet www.catherinebarry.fr *365 jours coquins* Camille Delaporte,2015-10-07

365 jours zen 2014 Erik Pigani,2013-10-09 Cet Almaniak vous permettra d'acquiescer et d'entretenir jour après jour un état d'esprit zen Vous y découvrirez des dizaines de citations de grands maîtres zen des histoires et des contes pour réfléchir et méditer des techniques pour trouver le calme gérer son énergie simplifier sa vie des exercices pour apprendre à se connaître et mieux vivre son propre temps des conseils pour se relier soi-même et aux autres et vivre zen C'est une belle année qui commence *365 jours zen 2015* Erik Pigani,2014-10-08 Une pensée zen par jour Acquiescer jour après jour un état d'esprit zen voilà ce que propose l'Almaniak zen Exercices de relaxation citations de grands maîtres zen conseils et techniques pour gérer son énergie et se relier soi-même et aux autres tous les ingrédients sont réunis pour passer une belle année zen en 2015 365 choses à faire dans sa vie Lucie Sorel,2015-10-07

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