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Lire des ebooks Au fil de l'autre Veronique Jannot PDF, ePub, mobi, " Toujours pressés par ce temps que l'on ne sait plus prendre ni parfois donner, nous subissons également des pollutions multiples, environnementales et psychologiques, qui fragilisent notre santé autant que notre moral. Il est urgent de réagir, et c'est possible ! Tout au long de ces pages, je vais vous emmener Au Fil de l'autre, des rencontres et des découvertes qui m'ont prouvé qu'il y a des moyens de vivre mieux, ensemble et en bonne santé. J'ai vu des forêts resurgir dans des pays désertifiés, des êtres sauver des animaux en voie de disparition, des cultivateurs reprendre avec succès des méthodes ancestrales non polluantes, et des médecins qui s'attachent à éviter les maladies avant d'avoir à les soigner. Car "bien se porter", cela passe par la connexion avec soi-même, une certaine discipline de vie, et aussi des médecines ou pratiques alternatives, dont certaines sont encore peu connues et qui peuvent aider un grand nombre d'entre nous. "

Ce livre est à mettre au chevet de votre vie. Consultez-le régulièrement : c'est un brevet de mieux-être. À moins que vous ne le lisiez d'une traite, car il se dévore comme un roman.

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