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Le Dr Philippe Pencalet, neurochirurgien, nous explique comment, par l'hypnose et l'auto-hypnose, nous pouvons modifier la perception d'un message douloureux et réduire l'intensité de la douleur jusqu'à la supprimer. Le plus souvent, quelques séances suffisent et les résultats sont durables. Complémentaire des antidouleurs, l'hypnose permet très souvent d'en réduire les doses et de diminuer leurs effets indésirables.

Grâce à des exercices d'auto-hypnose et à des conseils adaptés à chaque type de douleur, le Dr Philippe Pencalet nous aider à puiser en nous les ressources nécessaires à la

maîtrise de notre propre douleur.

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Pour Soulager La Douleur, ça Marche !

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If you realise your hypnose et auto-hypnose pour soulager la douleur, ça marche ! so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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