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Lire des ebooks J'arrête d'être parfaite ! Cindy Ghys PDF, ePub, mobi, 21 jours pour en finir avec la charge mentale !

Toujours coupables de "peut mieux faire", paranos du kilo en trop ou admiratives de la famille parfaite, 100% des femmes ont un jour ou l'autre ressenti la pression de

devoir faire toujours plus. Comment mettre fin à cette spirale infernale et retrouver le plaisir d'être soi-même ? Cindy Ghys vous aide à renoncer à être la meilleure pour apprendre à donner votre meilleur.

Elle vous livre sa méthode infallible pour enfin lâcher prise : Un programme en 21 jours pour en finir avec la "perfect attitude". Des tests pour détecter votre niveau de

perfectionnisme. Des exercices pour mettre au placard la honte et la culpabilité. Des playlists et des moments de célébrations pour visualiser vos progrès.

Alors, plongez dans la vraie vie parfaitement imparfaite. Le monde n'a pas besoin de femmes parfaites, mais de femmes qui osent !

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