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Après le best-seller J'arrête de râler !, voici la version intégrale tant attendue qui compile la méthode éprouvée de Christine Lewicki et 50 exercices pour pratiquer au quotidien !

Christine raconte son parcours d'ancienne râleuse et donne les clés d'une vie sans râleries pour vous aider à retrouver sérénité et zen attitude.

Les exercices permettent d'ancrer la méthode de façon simple et pratique pour en finir avec le statut de victime.

Alors vous aussi, entrez dans l'espace "Non râleur" et rayonnez auprès de votre entourage !

21 jours pour reprendre votre vie en main

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