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Lire des ebooks L'Art de la simplicité Dominique Loreau PDF, ePub, mobi, Simplifier sa vie, c'est l'enrichir. Notre société de consommation vous dit le contraire ? Ne le croyez plus.

Installée au Japon depuis de longues années, Dominique Loreau s'est imprégnée d'un mode de vie de son pays d'adoption. Un mode de vie qui repose sur le principe du "moins pour plus" appliqué à tous les domaines, du matériel au spirituel.

Épurez votre intérieur, videz vos armoires, abandonnez vos achats compulsifs, mangez plus frugal, prenez soin de votre corps et donc de votre esprit... De l'art de vous sentir bien chez vous à l'art de vous sentir bien en vous, elle transpose ces préceptes à l'usage des femmes occidentales.

Toutes les approches pour vous sentir bien dans votre corps et dans votre tête, mieux avec vous-même, donc mieux avec les autres : vivre zen, telle est la clé de l'harmonie.

L'élégance, le bien-être et le mieux-vivre : inspiré des philosophies orientales, voilà ce que propose *L'Art de la*

simplicité.

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