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Lire des ebooks Ne plus se gâcher la vie, c'est malin Aurore Aimelet PDF, ePub, mobi, Tout irait bien pour vous si seulement... vous arrêtez de vous gâcher la vie. Dans ce livre Malin, découvrez les 8 étapes pour cesser définitivement d'auto-saboter votre existence et aller mieux, tout simplement :

J'arrête de me plaindre.

Je lâche prise.

Je me valorise.

Je prends soin de mon stress.

Je positive.

Je prends soin de mon corps.

Je vais à l'essentiel.

J'apaise mes relations.

DEVENEZ BIENVEILLANT ENVERS VOUS-MÊME, ACCEPTEZ LES CHOSES QUE VOUS NE POUVEZ PAS CHANGER ET APPRENEZ À MIEUX VIVRE, TOUT SIMPLEMENT !

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