

A close-up photograph of a woman's face, smiling broadly with her eyes closed. Her dark hair is pulled back, and her skin is fair. The background is a plain, light color.

Laurence Roux-Fouillet

La **Sophrologie**

Pour un quotidien positif et sans stress !

LES MINIGUIDES
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La Sophrologie Pour Un Idien Positif Et Sans Stress Ixminguiecol

Laurence Roux-Fouillet



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La Sophrologie Laurence Roux-Fouillet, 2013-01-16 Travail vie priv e activit s relations notre poque nous donne la sensation que tout acc l re dans notre vie que les v nements jouent contre nous Il faut faire face de plus en plus de sollicitations et r agir sans c der au stress que g n rent ces gesticulations Quelques minutes par jour pour retrouver quilibre et s r nit Cette agitation nous laisse aussi d sempar s qu puis s travers s de pens es n gatives qui nous persuadent que nous n y arriverons jamais Ne vous laissez pas envahir par l puisement ni par le d couragement R agissez Initi e dans les ann es 1960 par le Pr Caycedo la sophrologie s est impos e comme une m thode simple et accessible tous pour quilibrer le corps et l esprit et retrouver facilement un mieux tre au quotidien Gr ce des techniques faciles utiliser dans la vie de tous les jours vous pourrez att nuer les tensions physiques limiter vos ruminations et am liorer votre sommeil d passer vos contrari t s et ma triser vos motions d velopper une approche positive de vos potentiels Il ne suffit pas de vouloir changer encore faut il s en donner les moyens Ce Mini Guide vous invite d couvrir les outils de la sophrologie afin de mener bien cette volution et vivre ainsi plus apais et plus d tendu En redevenant acteur de ce que vous faites vous accompagnerez vos projets vos objectifs et vos r alisations Vous rep rez puis d passez vos principaux blocages en mettant en place des actions positives qui vous ressemblent A propos de l auteur Laurence Roux Fouillet est sophrologue et formatrice en entreprise auteur de plusieurs ouvrages notamment aux Presses de la renaissance La Sophrologie au f minin Elle dirige un cabinet de sophrologie Boulogne Billancourt France et anime le blog Espace du calme Un livre publi par Ixelles ditions Visitez notre site <http://www.ixelles-editions.com> Contactez nous l adresse contact@ixelles-editions.com

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