

Les peurs & les croyances

Après son best-seller *Écoute ton corps*, qui a permis à des millions de personnes d'améliorer leur vie, Lise Bourbeau, pionnière du développement personnel, a donné des conférences, animé des ateliers dans le monde entier et a reçu de nombreux courriers de lecteurs.

Dans ce nouvel opus, elle répond à toutes les questions que vous pouvez vous poser au sujet des peurs et des croyances, et elle vous propose des outils pratiques et concrets afin de vous en libérer.

- D'où viennent toutes nos peurs ?
- Pourquoi avons-nous si souvent peur des autres ?
- Comment dépasser nos peurs ?
- Est-ce que toutes les croyances proviennent de nos parents ?
- Est-ce que la pensée suffit à changer une croyance ?
- Comment devenir plus conscient de ses croyances ?

Auteure internationalement reconnue, Lise Bourbeau a écrit 26 livres qui se sont vendus à plus de 5,5 millions d'exemplaires, dont les best-sellers *Écoute ton corps* et *Les 5 blessures qui empêchent d'être soi-même*. Elle est également la fondatrice de la plus grande école de développement personnel au Québec, *Écoute Ton Corps*, qui dispense des ateliers dans plus de 28 pays et en 11 langues.



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