

<u>Lart De Rester Jeune Santeacute Bienecirctre</u>

Clément Devincre

Lart De Rester Jeune Santeacute Bienecirctre:

L'art de rester jeune Clément Devincre,2004-10-06 Non vieillir ne signifie pas subir la fatalit de la d ch ance physique et psychique Cl ment Devincre propose de pr parer et de profiter de ce deuxi me souffle de vie que sont le troisi me et le quatri me ge afin de ne plus les aborder avec inqui tude et le sentiment tragique d tre devenu inutile C est le moment de compter avant tout sur soi m me pour d couvrir des activit s ignor es s initier des disciplines continuer ou commencer enrichir son existence vivre une nouvelle aventure en introduisant dans sa vie de retrait d autres valeurs et d autres buts que ceux de la r ussite professionnelle et familiale Car l entr e dans l ge m r est aussi le temps de la sagesse Ce livre repose sur l exp rience de son auteur mais aussi sur des techniques de soins art de la respiration consciente pens e positive m ditations sur des approches de sant naturelle phytoth rapie sophrologie relaxation et sur une philosophie de vie qui prend source dans l humanisme En effet les conseils et rem des de Cl ment Devincre sont simples et efficaces La preuve 87 ans il se porte lui m me comme un charme

L'art de rester jeune Louis de Brouwer,1981

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