



Un CD de méditation offert

MÉDITER

POUR NE PLUS STRESSER

Trouver la sérénité,
une méthode pour se sentir bien

Préface de Jon Kabat-Zinn

CD lu par
Christophe
André



Mark Williams
Danny Penman



Odile
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Meacutediter Pour Ne Plus Stresser Sans Cd

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