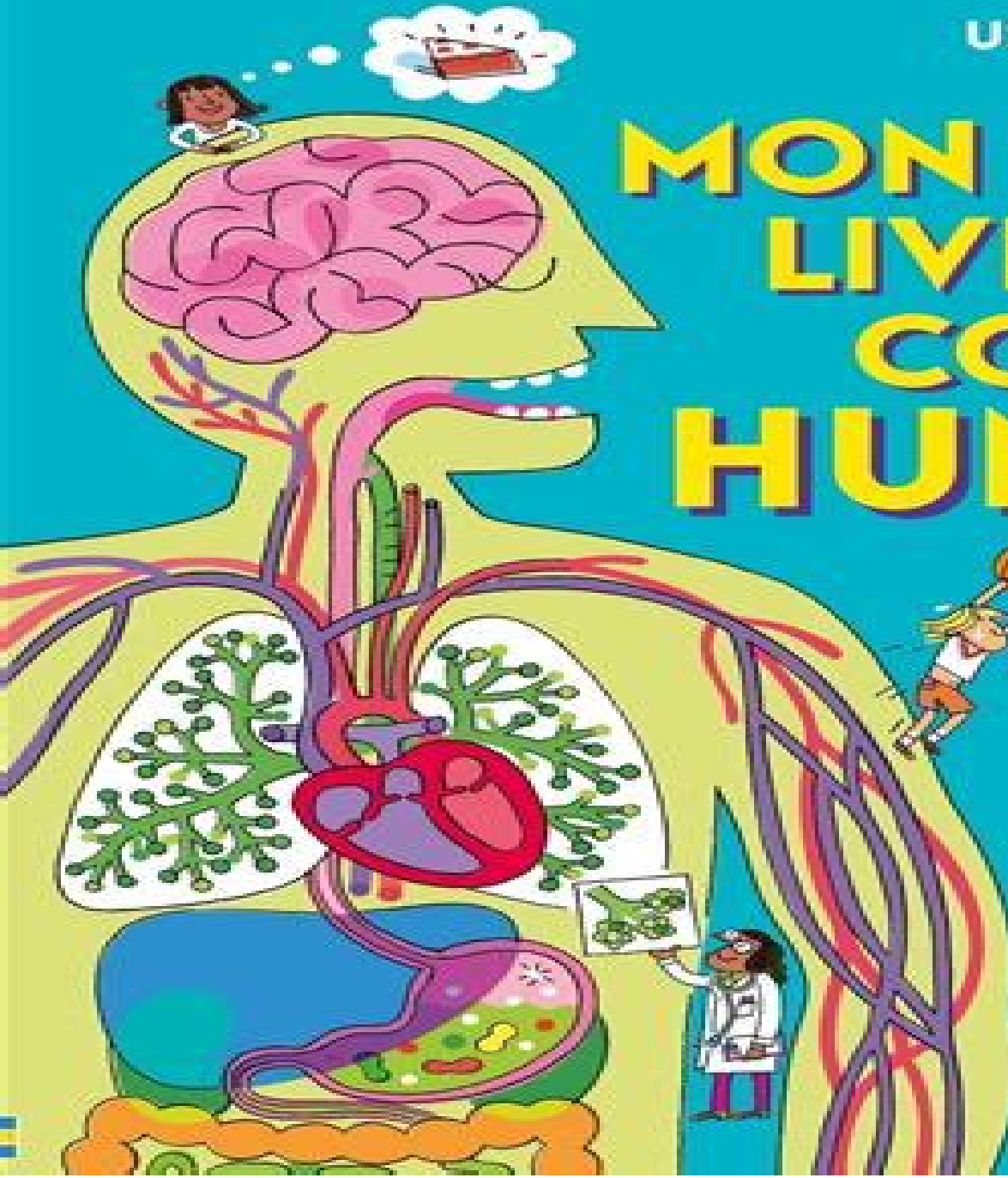


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pourrez pleinement profiter de ses bienfaits Richement illustré de près de 400 schémas en couleurs cet ouvrage commence par faire le point sur les principes généraux de la réflexologie plantaire palmaire faciale et auriculaire Outre une présentation des méthodes traditionnelles chinoises il offre également un tour d'horizon complet des techniques d'acupression notamment du Japon de Thaïlande et du Vietnam Afin de faciliter la compréhension de toutes ces techniques parfois complexes vous découvrirez des fiches de travail pédagogiques illustrées pour chaque pathologie Vous apprendrez ainsi soigner et soulager efficacement tous les maux du quotidien de l'acné aux vertiges en passant par les douleurs de dos et les problèmes digestifs parmi tant d'autres H L NE CAMPAN est réflexologue spécialisée en shiatsu ayurvéda et traitements holistiques mais aussi formatrice en spa et en école de massage Elle est la créatrice du concept d'enseignement pédagogique Expert Massage Academy Spécialiste du bien-être travers le monde elle a plus de 75 techniques de massage son actif Elle est l'auteure de plusieurs guides dont *Manuel d'automassage* paru chez le même éditeur H L NE SERGENT est diplômée en naturopathie à Cénartho Paris et a également un diplôme universitaire en nutrition du sportif université Paris Descartes et faculté de médecine de la Pitié Salpêtrière Aujourd'hui elle partage son temps entre son cabinet où elle exerce en tant que naturopathe réflexologue et olfactothérapeute et l'entreprise où elle dispense des ateliers conférences

Maladie mon Amour Anaïs Favre, 2020-04-07 Ce livre propose une nouvelle vision de la maladie non plus celle d'un obstacle ou d'une tragédie mais celle d'une opportunité d'évolution personnelle Ainsi en acceptant le message que d'un livre la maladie humaine peut non seulement trouver un chemin de guérison mais aussi développer de nouveaux potentiels qui dorment l'intérieur de lui Ce livre expose une vision où il est possible de guérir ou mieux encore de prévenir les maladies en intervenant sur les différents niveaux de l'être le corps les motions les pensées et les croyances C'est un véritable manuel alliant théorie et pratique pour agir autant en curatif qu'en préventif via des exercices concrets et accessibles tous On y trouve également une routine psychique simple mettre en œuvre mais responsable permettant de mieux vivre avec l'autre et avec son environnement

Le grand livre de l'art-thérapie Angela Evers, 2019-03-28 Par le biais de la création artistique l'art-thérapie permet l'expression authentique de soi et donne sens aux vécus douloureux de la vie maladie agression divorce deuil stress post-traumatique Au travers de nombreux témoignages

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Table of Contents Mon Grand Livre Du Corps

1. Understanding the eBook Mon Grand Livre Du Corps
 - The Rise of Digital Reading Mon Grand Livre Du Corps
 - Advantages of eBooks Over Traditional Books
2. Identifying Mon Grand Livre Du Corps
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mon Grand Livre Du Corps
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mon Grand Livre Du Corps
 - Personalized Recommendations
 - Mon Grand Livre Du Corps User Reviews and Ratings
 - Mon Grand Livre Du Corps and Bestseller Lists
5. Accessing Mon Grand Livre Du Corps Free and Paid eBooks

- Mon Grand Livre Du Corps Public Domain eBooks
- Mon Grand Livre Du Corps eBook Subscription Services
- Mon Grand Livre Du Corps Budget-Friendly Options
- 6. Navigating Mon Grand Livre Du Corps eBook Formats
 - ePub, PDF, MOBI, and More
 - Mon Grand Livre Du Corps Compatibility with Devices
 - Mon Grand Livre Du Corps Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mon Grand Livre Du Corps
 - Highlighting and Note-Taking Mon Grand Livre Du Corps
 - Interactive Elements Mon Grand Livre Du Corps
- 8. Staying Engaged with Mon Grand Livre Du Corps
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mon Grand Livre Du Corps
- 9. Balancing eBooks and Physical Books Mon Grand Livre Du Corps
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mon Grand Livre Du Corps
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mon Grand Livre Du Corps
 - Setting Reading Goals Mon Grand Livre Du Corps
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mon Grand Livre Du Corps
 - Fact-Checking eBook Content of Mon Grand Livre Du Corps
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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