

Télécharger Livres Gratuit Fight (PDF | ePub | Mobi) Hazel Gale download-free



Phobies, addictions, procrastination, sentiment de ne pas être à la hauteur, dépendance au regard des autres... Nombreux sont les obstacles qui nous aliènent, nous empêchent d'être vraiment nous-mêmes et, trop souvent, nous poussent à l'autosabotage.

C'est pour venir à bout d'une fatigue chronique et de ses propres blocages que la boxeuse anglaise Hazel Gale s'est tournée vers l'hypnothérapie cognitive, une thérapie en forme d'autoanalyse inspirée des neurosciences et de la psychologie positive.

Elle en a tiré une méthode ultra-efficace et originale, mêlant anecdotes personnelles, théorie et exercices pratiques. Une belle leçon d'empowerment pour sortir vainqueurs de nos luttes, quelles qu'elles soient.

Étonnant, stimulant, un livre pour gagner le combat et partir à la conquête de soi !

Title	:	Fight
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File Size	:	4.06MB

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