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Indépendamment de toute démarche fataliste, magique ou hermétique, ce guide pratique fait du thème astral un outil de développement personnel pour vivre libre et en harmonie avec soi. Quelles sont les composantes d'un thème astral ? Comment les interpréter ? Quels sont ses atouts ? Comment les exploiter ?

Cet ouvrage propose une méthode pas à pas, exemples et exercices à l'appui, pour progresser vers la sérénité. Une méthode Des exercices Des schémas

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