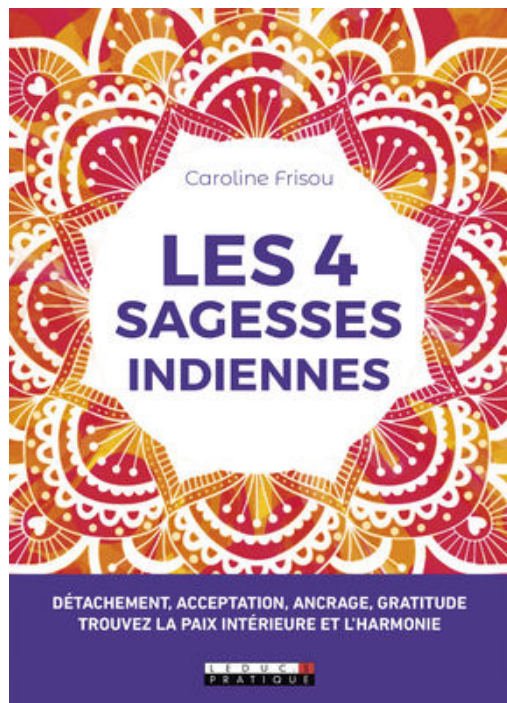


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Sur le principe des 4 accords toltèques, l'auteur explique les 4 piliers de la sagesse indienne, accessibles à tous, qui permettent de trouver la paix intérieure et d'accueillir ce qui ne dépend pas de nous.

Ces sagesse apportent un message de paix et de gratitude qui permet à chacun de prendre du recul et de trouver la force d'avancer, même en cas d'épreuves.

Caroline Frisou décrypte le message qui se cache derrière chaque sagesse et partage le témoignage de personnes qui ont fait l'expérience de ces enseignements.

Caroline Frisou est coach PNL, praticienne en hypnose, formatrice, sophrologue et journaliste. Elle collabore à Open Mind (40 000 ex).

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