

# Télécharger Livres Gratuit Les bonheurs de la vie (PDF | ePub | Mobi) Sheila DataBase Book



Sheila a décidé de nous faire partager son incroyable bonheur de vivre. Ce nouveau livre, fruit de son expérience de chanteuse et de danseuse, rassemble ses secrets pour rester, à 70 ans, en forme, mince et pleine de tonus. Elle nous dit sa passion pour le sport, ses rencontres avec des maîtres yogis qui lui ont permis de conserver une énergie hors du commun. Sheila nous livre ses recettes de bien-être, de diététique, ses techniques de respiration et décrit l'importance de la relaxation.

Un livre émaillé de souvenirs où Sheila se raconte en toute sincérité, la femme comme l'artiste.

*Cahier photo 16 pages couleur*

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