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Projeter, créer, positiver, respirer, bouger, donner, sourire, remercier, vivre l'instant présent et (s')aimer

Telles sont les 10 clés de l'optimisme pour réenchanter un peu, beaucoup, à la folie, notre quotidien !

Dès aujourd'hui, modifiez votre regard sur la vie, en réinvestissant la créativité, l'énergie et le souffle dont nous sommes tous dotés, et offrez-vous une véritable bouffée de bonheur.

Essayez, au pire ça marche !



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