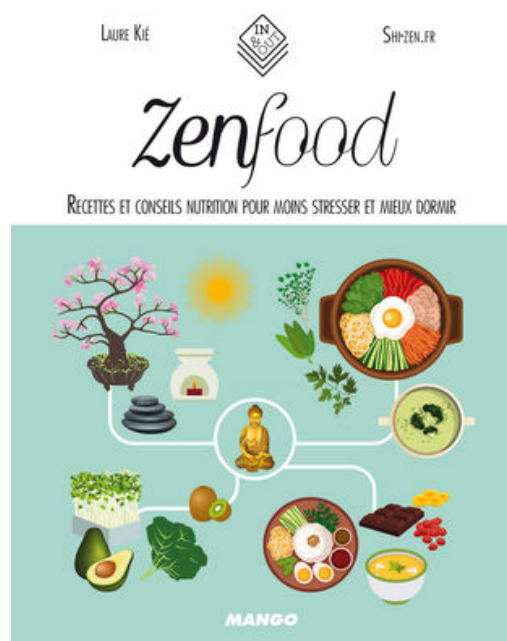


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Notre bien-être est le reflet de notre alimentation !

À notre époque « hyper connectée » tout va trop vite, nous avons perdu le lien avec nos vrais besoins. Nous stressons, nous mangeons mal, nous dormons mal... Nous devons renouer avec nous-mêmes. Laure Kié s'inspire de la tradition millénaire zen et vous livre les secrets d'une alimentation bénéfique. Découvrez la Zenfood, à travers un programme et des recettes, pour moins stresser, mieux dormir et retrouver un état de paix intérieure. Votre corps vous dira merci !

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