



# Pratiquez le Bonheur, Passeport pour la Santé (French Edition)

*J Lamboley*

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## **Pratiquez le Bonheur, Passeport pour la Santé (French Edition) J Lamboley**

«Ce livre est très pertinent et essentiel pour qui cherche à avoir une vie saine, avec l'alimentation comme base pour bâtir notre bonheur. C'est un livre à lire, et un guide de vie important à garder avec soi en tout temps ». Ahmed Zaky, BBC World Service « Ce livre nous rappelle que l'équilibre et le bonheur peuvent commencer maintenant, et il est à portée de chacun d'entre nous ». Dr Sanna NISSINEN, Professeur de Sociologie, Université de Londres. « Je recommande vivement le livre de Justine Lamboley si vous souhaitez améliorer votre bien-être et votre goût pour la vie" F. Dassie, France 24 "Pratiquez le Bonheur, Passeport pour la Santé" est un livre qui transformera votre vision de la santé, du bonheur et de la vie. Ce livre vous permettra d'acquérir des techniques puissantes utilisées par des millions de gens qui ont du succès à travers le monde. Vous apprendrez à: - Adopter une alimentation saine au quotidien. - Nourrir votre esprit positivement. - Enlever la négativité autour de vous. - Augmenter votre énergie vitale. - Mettre en place des actions quotidiennes simples pour changer votre vie. - Recevoir la prospérité en abondance. - Pratiquer le bonheur.? Justine Lamboley vous donne ici des outils concrets pour adopter des habitudes et des comportements positifs afin de vous mettre en action et voir votre vie changer. "Pratiquez le Bonheur" est le livre idéal pour tous ceux et celles qui veulent utiliser l'énergie positive pour éradiquer l'insatisfaction, le stress et les frustrations de leur vie, retrouver ou améliorer leur santé, attirer le succès et réaliser leurs rêves. Prêts pour le voyage ?

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