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découvrez des outils pour accéder au potentiel enfoui en vous et passez à l'action ce livre est pour toi lecteur rice si tu en as marre de te chercher des excuses il est pour toi si tu veux effacer toute trace de victimisation de ta vie il est pour toi car tu es peut être sans le savoir un e superhéros ïne en devenir offre toi de découvrir des outils concrets et efficaces pour accéder à ton potentiel infini en quelques heures seulement des témoignages personnels pour un coaching vitaminé afin de re découvrir tes forces mentales et physiques et de passer à l'action le monde a besoin du de la superhéros ïne en toi grâce à ce livre de développement personnel enrichi de témoignages découvrez vos forces mentales et physiques À propos de l'auteure solène delille est coach certifiée en développement personnel et en fitness elle est épatée par notre capacité à progresser sans cesse elle adore marcher dans la nature le sport la lecture et la cuisine professeuse de formation elle est aussi militante engagée pour un monde plus écologiste antispéciste et inclusif diplôme de mastercoach de l'institut de coaching international ici de genève diplôme d'institutrice en fitness et wellness de l'ifas international

la gentillesse est une force indestructible il est de notre devoir d'humain de la cultiver plus que jamais 2015 cette année notre besoin d'amour de gentillesse de bienveillance atteint un niveau jamais vu avant cela un faisceau d'indices aussi positifs que négatifs illustrent le même mouvement plus il y a de haters sur facebook ou twitter plus on se replie sur les films et les romans feelgood plus le monde de l'entreprise est violent et injuste plus on a envie de distribuer du bonheur parmi ses proches mademoiselle navie remonte au premier choc pétrolier une gueule de bois mondiale pour montrer que l'écologie nouvelle génération c'est l'écologie des êtres et qu'il en est des rapports humains comme de l'environnement il faut en prendre soin avec l'intervention supergentil un héros qui a quelques coups d'avance sur les humains elle explique pourquoi gentil n'est pas crétin comment faire pour changer la donne quelles actions mener à sa propre échelle un jour à côté du message du ministère de la santé mangez cinq fruits et légumes par jour il y aura un ps et n'oubliez pas d'être gentil à volonté vous verrez

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