

TECHNIQUE DE VISUALISATION CRÉATRICE

— ◆ —
USEZ DU POUVOIR DE VOTRE IMAGINATION
POUR CRÉER CE QUE VOUS VOULEZ DANS VOTRE VIE

La visualisation créatrice est l'art d'utiliser la puissance de l'imagination — et les images mentales qu'elle nous suggère — pour introduire dans notre vie des comportements positifs aux effets bénéfiques indéniables.

Ce guide clair et pratique propose des techniques simples pour :

- ④ développer le pouvoir créatif qui existe en chacun de nous ;
- ④ se débarrasser des habitudes négatives, accroître sa vitalité, améliorer sa santé ;
- ④ prendre du recul pour résoudre ses blocages intérieurs ;
- ④ se sentir plus détendu, plus serein ;
- ④ s'épanouir, atteindre ses objectifs sur le plan professionnel ;
- ④ établir et entretenir des relations humaines harmonieuses.

Vous découvrirez qu'en visualisant une image précise de ce que vous désirez voir se réaliser, elle deviendra une réalité objective... Vous accomplirez ainsi réellement ce que vous souhaitez.



3 h 34

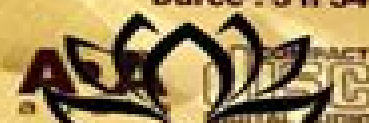
Narration : Danièle Panneton
Musique de AJIA, composée et interprétée par Louis Lachance.

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21,95\$ CAD

Durée : 3 h 34



ISBN 978-2-89738-125-6



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