

7 ASTUCES POUR CALMER EFFICACEMENT UNE CRISE D'ANGOISSE

Travailler sa respiration

Occuper son esprit

Méditer

Faire la posture du V de la victoire



Respirer dans un sac en carton

Utiliser des huiles essentielles, fleurs de Bach

S'ancrer et se reconnecter à son environnement

Spiritualiteacute En Crise

L Darling-Hammond



Spiritualiteacute En Crise:

Uncover the mysteries within Explore with is enigmatic creation, **Spiritualiteacute En Crise** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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