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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. La quête du bonheur est un but fondamental dans nos vies, mais force est de constater qu'il n'illumine pas forcément nos journées. Les causes sont diverses, mais toutes peuvent être contrées. En 50 conseils simples et de bon sens, puisés dans des sources aussi diverses que la sophrologie, la philosophie, les grands auteurs et mon expérience, je souhaite vous amener vers cet état de bien-être essentiel permanent. Un bonheur qui vous fait choyer et qui s'acquiert au prix de quelques petits efforts certes mais à la portée de tous et au combien bénéfiques.



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