



100 chemins pour trouver la paix (EDB) (French Edition)

Yves Boulvin

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La Paix

On la cherche.

On la désire.

Elle est là !

Ce petit livre est un ami. On peut le prendre avec soi et l'ouvrir à n'importe quelle page "au hasard", pour qu'il nous parle.

Il propose des chemins tout simples pour trouver la Paix intérieure et y demeurer, aussi bien au niveau physique, mental et psychologique, qu'au niveau spirituel. Chaque page propose un exercice à mettre en pratique. C'est la répétition qui fait le changement !

La Paix est en nous. Un océan de paix nous habite en profondeur. A nous de nous y connecter !

Yves Boulvin est formateur en relations humaines, psychologue et consultant. Il organise depuis de nombreuses années des stages en entreprise, parallèlement à son activité de thérapeute. Il anime depuis plus de vingt ans les émissions Foi et psychologie retransmises sur différentes radios francophones.

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