



Date : 22/10/2019

Pages : 348

Format cm : 14 x 22

Prix : 23.0

EAN : 9782845942400

Dare to Be Fulfilled

12 Keys to Being Yourself

Author: Marie-Pierre Dillenseger

Publisher : Mama Éditions

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Chinese art - Exercises - Energy - Spirituality - Tales of a Thousand and One Nights

A timeless and unique approaching to unlocking your full potential.

Knowing how to be yourself in an ever more insistent world is essential to conserving your energy. This book lays out 12 keys derived from Chinese philosophy to succeed in identifying traps that keep us from being ourselves. Combining Taoist wisdom and contemporary pragmatism, Dillenseger adroitly delivers 12 chapters, each of which serve as an antidote to a specific kind of situation or concern, offering concrete and life-saving solutions.
