



4

ÉTAPES SIMPLES POUR ATTEINDRE VOS OBJECTIFS

avec la visualisation créative

Visualisation Creatrice Pour Maigrir

Shakti Gawain



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Pour perdre du poids, détendez-vous Melissa Martin, 2016-11-24 Description du livre Pour perdre du poids d tendez vous de Melissa Martin Vous avez fait trop de r gimes contraignants Maintenant maigrissez facilement Vous avez compt les calories Vous vous tes gav e de prot ines puis de glucides Vous avez suivi des r gimes base de raisin de chocolat et de banane Vous avez fait du footing dans votre quartier pendant des heures Vous tes all e des r unions hebdomadaires Vous avez perdu de l argent dans des machines de sport on reuses Vous avez bu des litres de pr parations hyperprot in es Vous avez englouti des milliers de pilules Vous avez mang une grande quantit de substituts de repas Vous avez tenu un blog ou un carnet de bord sur votre perte de poids Vous avez achet des petites assiettes pour que vos portions de nourriture semblent plus importantes Vous avez d pens des milliers de dollars dans des aliments sp ciaux Vous avez fait appel un acupuncteur qui vous a ins r des aiguilles au niveau des oreilles Mais vous tes toujours en surpoids Peut tre avez vous perdu quelques kilos puis vous les avez repris voire plus Cessez de vous acharner perdre du poids Essayez une m thode facile Se d tendre pour maigrir C est la seule m thode qui associe les nouveaut s en mati re de nutrition la psychologie de l image de soi la programmation neurolinguistique et les avantages sur la sant de deux compl ments gratuits et que l on trouve en abondance Plus de footing sur des kilom tres Plus de bonds dans votre salon devant un DVD de cardio Plus aucun r gime draconien Aucun aliment sp cial acheter Aucune calorie compter Plus aucun combat contre vos envies 21 000 mots Cessez de stresser propos de votre poids D tendez vous et lib rez votre moi mince N attendez plus et cliquez d s maintenant sur le bouton Acheter *Quand la Tête fait Maigrir* Pascal Delattre, 2019-10-10 Je me revois assis en face de mon m decin en ce jour de mars 2017 lui demander quel moment s arr terait mon traitement pour ma tension art rielle trop lev e Mais voyons M Delattre votre traitement est vie A moins de perdre plus de 30 kg et je doute que cela soit possible aucune autre solution pour l arr ter Electrochoc Je p se 134 kg Ma vie est en danger Et m me mon m decin ne croit pas que je peux maigrir Je dois r agir redevenir ma tre de mon corps Cela ne peut plus durer L id e a fait son chemin dans ma t te c est le bon moment je suis pr t Pour faire un r gime il faut d abord un mental d acier et jusque l je ne l avais pas Toutes mes pr c dentes tentatives r alis es sans conviction ont chou es Mais cette fois c est diff rent Je me lance dans un pari fou peser 80 kg le 31 d cembre 2017 Voir appara tre seulement deux chiffres sur la balance Sans m dicament sans op ration et sans d penser un centime Mes atouts une pr paration mentale en b ton un moral toute preuve et le soutien inconditionnel de mes proches Aujourd hui ma mission est remplie et je suis fier de moi J ai perdu 41 kg en 6 mois Quelle revanche sur la vie Cette incroyable aventure que j ai v cue j ai d cid de la partager sans mod ration avec vous *L'Art Coaching, L'Art Guérisseur*, 2009-09-06 Lorenadia nous entra ne dans son univers d art coach de sa petite enfance Rock n roll sa vie actuelle et nous livre avec toute son nergie et son amour ses propres cl s en tant que femme maman de quatre enfants professeure de commerce en lyc e professionnel h teli re artiste et coach **Livres hebdo**, 2005 **Livres de France**, 2005 [Les Livres disponibles](#), 2000 La liste exhaustive des ouvrages disponibles publi

s en langue française dans le monde La liste des diteurs et la liste des collections de langue française **Psychologie**, 1979

Maigrir par la visualisation Patricia Falco, 2003 La visualisation est un outil formidable pour atteindre les objectifs qu'on se fixe Elle peut être utilisée pour se procurer un bien pour obtenir une promotion et même pour perdre du poids Alliant la pensée positive et la méditation la visualisation permet d'entrer au fond de soi même pour découvrir ses propres motivations celles qui peuvent mener à l'accomplissement de soi Soyez maître de votre destinée et laissez tomber les rigides miracles Grâce à la visualisation vous saurez comment trouver la motivation l'énergie et les ressources qui vous permettront enfin de perdre du poids avec bonheur Grâce à ce livre vous aurez également les moyens d'atteindre d'autres buts qui vous paraissaient auparavant inaccessibles Car c'est en vous même que vous trouverez les appuis nécessaires votre réussite en toutes choses Une vingtaine d'exercices vous y aideront **Mincir Avec la Visualisation Positive** Cécile FRERE, 2019-03-24 La visualisation positive ou l'art d'obtenir ce que vous désirez juste par la pensée est un outil de développement personnel incroyable Utilisez des fantasmes il permet de devenir celle que vous avez toujours rêvé d'être une femme belle sereine de vous bien dans sa tête et dans son corps Dans ce premier opus les sœurs FRERE nous livrent leur méthode sur mesure pour parvenir à se débarrasser des motions et des croyances erronées qui sont l'origine des kilos accumulés sur fond de positivité de psychologie positive et d'humour elles apportent leur éclairage sur des théories de développement personnel célèbres pour répondre la problématique du surpoids d'habitude sans faim

Visualisation Créatrice Pour Débutants Richard Webster, 2015-11 La Visualisation Créatrice Pour Débutants Richard Webster, 2009-01-01 **Dépasser vos peurs avec la visualisation créatrice** Alain Lancelot, Anne-Laure Schneider, 2022 Un guide pour pratiquer la visualisation créatrice cette technique permet de concrétiser ses pensées et d'atteindre ses objectifs Les auteurs proposent un programme tape par tape pour réussir ses visualisations et dépasser des peurs liées au regard des autres la perte d'un proche au fait de parler en public la maladie ou encore l'chec

Techniques de visualisation créatrice Shakti Gawain, 2008 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 innombrables Ce guide clair et pratique propose des techniques simples pour développer le pouvoir créatif qui existe en chacun de nous se débarrasser des habitudes négatives accroître sa vitalité améliorer sa santé prendre du recul pour résoudre ses blocages intérieurs se sentir plus détendu plus serein s'épanouir atteindre ses objectifs sur le plan professionnel 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

VISUALISATION CREATRICE. Méthodes et exercices Anne-Béatrice Leygues, 1998-09-15 Propose des exercices pour développer la puissance de son imagination créatrice la respiration abdominale costale basse et haute allongement du souffle le corps relâchement du corps prise de conscience du geste juste la vision regard intérieur concentration instauration d'un état de paix **Visualisation créatrice** Anne-Béatrice Leygues, 2006-04-28 Dans la vie professionnelle comme dans la vie

personnelle il existe une méthode simple et pratique pour faciliter le processus de créativité Grâce aux exercices proposés vous gagnerez rapidement en sérénité et en paix intérieure Dans un style clair et didactique avec de nombreux conseils pratiques cet ouvrage vous accompagnera pour renouer le contact avec votre vie intérieure

La visualisation créatrice Anne-Béatrice Leygues, 2002-09-17

Dans la vie professionnelle comme dans la vie personnelle il existe une méthode simple et pratique pour faciliter le processus de créativité Par un entraînement et un travail corporel adaptés vous accablerez la visualisation Ainsi vous augmenterez votre potentiel créatif L'auteur professeur de yoga et spécialiste des techniques de relaxation vous propose un itinéraire construit en trois tapes et grâce auquel vous développerez la puissance de votre imagination créatrice la respiration abdominale costale basse et haute allongement du souffle le corps relâchement du corps prise de conscience du geste juste la vision regard intérieur concentration instauration d'un état de paix méditation Grâce aux exercices proposés vous gagnerez rapidement en sérénité et en paix intérieure Dans un style clair et didactique avec de nombreux conseils pratiques cet ouvrage vous accompagnera pas pas pour renouer le contact avec votre vie intérieure À l'écoute de votre corps vous verrez se libérer pleinement votre inspiration et votre potentiel créatif

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