



Seven Keys to Letting Go

Author: Hélène Jamesse

Publisher : La Maison Hachette Pratique

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Ritual - Listening - Satire - Wandering

What if letting go were as simple as reading this book? Learn how in this lavishly illustrated practical guide!

Letting go is an exploration of self. Hélène Jamesse proposes two ways to read this book: the first, from beginning to end, with time-outs for reflection and introspection, and the second, randomly, like a game, dipping in here and there depending on your own issues. Let the words strike a chord and guide you!

This book offers thoughts, inspirations, and 7 keys: acceptance, listening, communication, movement, observation, creation, and rituals.

Date : 29/01/2020

Pages : 160

Format cm : 17 x 20

Prix : 14.95

EAN : 9782019452643