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Stay Zen! The Cat Method

Author: Henri Brunel Publisher : Points Category : Practical Books Genres : Well-Being/Self-Help Keywords : Relaxation - Wandering

A short, simple guide to well-being and relaxation

Beat insomnia, manage stress, rediscover your selfconfidence, improve your productivity at work: Henri Brunel offers up simple exercises adapted to all the moments of daily life. Inspired by close observation of cats, yoga, and meditation, this method promises inner freedom as well as a philosophy of life.

Sales in France: 18,000 copies