

Christophe André Le temps de Méditer «ET SI VOUS COMMENCIEZ LA MÉDITATION?» **UNCD AUDIO TÉLÉCHARGEABLE DE MÉDITATIONS GUIDÉES PARLA VOIX DE CHRISTOPHE ANDRÉ

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avec des exercices inédits

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Time to Meditate

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Taking the time to meditate can help restore our emotional equilibrium, inner calm, lucidity, tolerance, and goodwill. In this book, Dr. Christophe André, a pioneer in meditation in France, takes us by the hand and guides us, through meditation, toward our best selves. Includes a CD of exercises and nine basic meditations to help readers discover the practice for themselves.

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