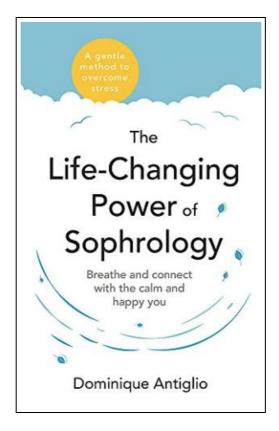
The Life-Changing Power of Sophrology: A practical guide to reducing stress and living up to your full potential (Paperback)



Filesize: 5.39 MB

Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book.

(Reyes Murphy)

THE LIFE-CHANGING POWER OF SOPHROLOGY: A PRACTICAL GUIDE TO REDUCING STRESS AND LIVING UP TO YOUR FULL POTENTIAL (PAPERBACK)



HODDER & STOUGHTON, United Kingdom, 2019. Paperback. Condition: New. Language: English. Brand new Book. A practical sophrology guide to reducing stress and living up to your full potential. 'I like Antiglio. She is calming.' - The Times Sophrology is a unique stress management and personal development technique to help you relax, feel confident and cope with life's ups and downs. It is a straightforward method combining relaxation, breathing, body awareness and visualisation into a step by step practice and it has the power to radically transform your life. Sophrology is already extremely popular on the continent. Elite athletes, CEOs and pop stars, among others, have used the techniques to dramatically improve their professional performance and reach a state of balance. It is also used in schools, as well as in the workplace, to enhance wellbeing. Dominique Antiglio, a globally sought-after and highly praised sophrologist, guides you through the key exercises to manage stress, improve your sleep, prepare for events, boost your confidence and positively transform your daily life. By learning the basics of sophrology, you will feel happier and discover inner strength and resilience you never knew you had. Featuring practical tips, case studies and 13 audio downloads, this leading book on sophrology is a must-have self-help resource. 'The simplest, most natural way of calming and focusing our lives lies in front of our noses, breathing. This book will transform all our lives if we follow its helpful suggestions.' - Sir Anthony Seldon'Sophrology looks set to be the . answer to all our problems' - The Guardian'Sophrology is big news in the wellness world.' - ELLE'You've heard of mindfulness, now meet its dynamic young cousin sophrology' - The Observer.

Read The Life-Changing Power of Sophrology: A practical guide to reducing stress and living up to your full potential (Paperback) Online
Download PDF The Life-Changing Power of Sophrology: A practical guide to reducing stress and living up to your full potential
(Paperback)

Related Kindle Books



Apples to Oregon: Being the (Slightly) True Narrative of How a Brave Pioneer Father Brought Apples, Peaches, Pears, Plums, Grapes, and Cherries (and Children) Across the Plains

Aladdin. PAPERBACK. Condition: New. 141696746X BRAND NEW, GIFT QUALITY! NOT OVERSTOCKS OR MARKED UP REMAINDERS! DIRECT FROM THE PUBLISHER!|0.5.

Read PDF

>>



Apples to Oregon: Being the (Slightly) True Narrative of How a Brave Pioneer Father Brought Apples, Peaches, Pears, Plums, Grapes, and Cherries (and Children) Across the Plains (Anne Schwartz Books)

Atheneum Books for Young Readers. Hardcover. Condition: New. 0689847696 BRAND NEW, GIFT QUALITY! NOT OVERSTOCKS OR MARKED UP REMAINDERS! DIRECT FROM THE PUBLISHER! 0.9.

Read PDF

>>



Apples to Oregon: Being the Slightly True Narrative of How a Brave Pioneer Father Brought Apples, Peaches, Plums, Grapes, and Cherries and Children Across the Plain

Turtleback Books. Hardback. Condition: New. New copy - Usually dispatched within 2 working days.

Read PDF

»



Your Little Steps to Self Confidence for Life: Includes a Free 30 Day Personal Development Course Little Steps (Paperback)

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. LIMITED TIME OFFER: Free 30 Day Personal Development Course! "Just wanted to say an enormous big thank you for this...

Read PDF

33



An Historical Account of a New Method for Extracting the Foul Air Out of Ships, C. with the Description and Draught of the Machines, by Which It Is Performed: And the Relation Given

Gale Ecco, Print Editions, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The 18th century was a wealth of knowledge, exploration and rapidly growing technology and expanding...

Read PDF

»



Math in Focus: Singapore Math: Enrichment, Book A Grade 2

GREAT SOURCE, 2009. Condition: New. book.

Download PDF

>>



Math in Focus: Singapore Math: Enrichment Course 1

 ${\tt HOUGHTON\,MIFFLIN\,HARCOURT, 2011.\,Condition:\,New.\,book.}$

Download PDF

>>



Meditation: For Beginners Anytime, Anywhere. How to Relieve Stress, Anxiety and Depression. A Quick Guide and Techniques to Return to a State of Inner Peace, Mindfulness and Happiness (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English. Brand new Book. 'Meditation for Beginners'. Anytime and Anywhere. A pocket size guide that will give you Inner Peace, Mindfulness and Download PDF

>>



Principles and Practice An Integrated Approach to Engineering Graphics and AutoCAD 2016

SDC Publications, 2015. Condition: New. book.

Download PDF

>>



 $The \ Qualcomm \ Equation: How\ a\ Fledgling\ Telecom\ Company\ Forged\ a\ New\ Path\ to\ Big\ Profits\ and\ Market$

AMACOM, 2005. Condition: New. book.

Download PDF

»