



Trentatré: Come vivere meglio con 33 pratici consigli (Italian Edition)

Nadia Magnani

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Con un approccio diverso e ironico questo libro mostra come sia possibile tornare a recuperare il potere sulla propria vita e ritrovare la serenità interiore. Trentatré pratici, semplici ma efficacissimi consigli per mantenere uno stato di benessere e che indicano cosa fare, in un percorso giocoso, per dire addio allo stress e all'infelicità offrendo soluzioni per vivere la vita di tutti i giorni con più energia. Per sentirsi belli dentro, oltre che essere belli fuori; vivere sani, con una mente attiva; comunicare meglio e vivere bene, in armonia con se stessi e gli altri; dormire sereni; avere più autostima; prendersi cura di sé e comprendere che il segreto per essere felici è dentro di noi.

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