



La Philosophie Du Bien-Etre: Pour Elle (Paperback)

By William Wal Atkinson (Yogi Ramacharaka)

Discovery Publisher, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. Dans La Philosophie du Bien-Etre, Ramacharaka decrit la branche d une philosophie ancestrale qui s interesse au corps physique en y soulignant les grands fondements grace auxquels chacun de nous peut se construire un corps fort et sain, indispensable pour etre au mieux de ses capacites. Cet ouvrage contient une serie de conseils couvrant les differents aspects du corps humain, la theorie et pratique du controle de l energie vitale, la respiration, le controle du systeme involontaire, l attitude mentale, en passant par les activites visant a l elargissement du Soi, au controle mental, au developpement de l attention et de la perception, ainsi qu a la construction du caractere inconscient qui comprend les facultes subconscientes de l Esprit. Tout au long de cet ouvrage, La Philosophie du Bien-Etre, l objectif de l auteur est unique: donner un souffle nouveau a notre vie. Note de l editeur: Afin d etre plus agreable lors de la lecture, cet ouvrage est au format 22cm x 14cm. Dans la meme optique, le papier est de couleur creme, ce qui fatigue beaucoup moins les yeux que le...

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