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Jon Kabat-Zinn

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Des recherches scientifiques récentes ont démontré que la pratique de la méditation et de la pleine conscience avait des effets remarquables sur le corps et l'esprit. Où tu vas, tu es s'adresse à toutes les personnes qui souhaitent commencer ou approfondir une pratique de la méditation pour se libérer du stress et trouver le chemin de la guérison. En apprenant à vivre dans le présent et en éveillant votre conscience, vous aurez accès à des ressources de joie, de créativité, de santé et d'intelligence dont vous ne soupçonniez même pas l'existence.

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