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Florence Binay propose 121 exercices à pratiquer à tout moment de la journée pour s'équilibrer, se détresser, mieux respirer ou encore porter un regard différent sur son corps. Quel que soit le temps dont vous disposez, ces techniques vous seront d'une aide précieuse. Elles sont applicables partout, que ce soit dans les transports, au travail, dans la rue, à la maison, dans le lit... En trois, cinq, dix minutes, elles activent notre capacité à vivre heureux.

Grâce à ces astuces simples et ludiques, vous pourrez adopter de nouvelles habitudes de vie visant l'équilibre et la tranquillité dans vos pensées, votre corps, vos émotions, vos actions.

Vous prendrez conscience de votre potentiel corporel, de votre énergie de vie et de la multitude de ressources que vous avez à votre disposition, pour cesser de fonctionner comme une machine. Laissez de côté les a priori et les idées toutes faites. Il n'est pas nécessaire d'être un moine zen ni d'avoir

des années de pratique pour obtenir des résultats : vous pouvez y arriver dès aujourd'hui !

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