

# Read La Boîte à Outils De La Confiance En Soi Le Livre En Ligne PDF EPUB Mobi- Annie Leibovitz



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Découvrez 52 outils indispensables pour prendre ou reprendre confiance en soi et la diffuser autour de soi !

Chaque outil est traité de façon visuelle sur 2 ou 4 pages par un schéma de synthèse, l'essentiel en français et en anglais, les objectifs, le contexte d'utilisation, des conseils méthodologiques, les avantages et les précautions à prendre.

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