

Read Mon Cahier Hygge Happy Thérapie Le Livre En Ligne PDF EPUB Mobi- Valentine Cinier



Read Mon cahier Hygge happy thérapie Valentine Cinier le livre en ligne PDF EPUB mobi, Cocooning, pensée positive, moments de partage, bien-être... La tendance feel good made in Danemark !

Le hygge (" hu-ge "), ce n'est pas seulement en hiver ! Prendre soin de soi, se créer un cocon réconfortant, passer des moments chaleureux entre amis, voir la vie en rose... C'est un programme absolument hygge et... want absolutely. Venue des pays scandinaves, la tendance bien-être du hygge est un véritable lifestyle ! Plus qu'un moment passé au coin du feu avec ses amis tandis qu'il neige dehors, le hygge est l'état d'esprit du bonheur. Son credo : prendre soin de soi, profiter des petits bonheurs de la vie et bien s'entourer. Let's hygge !

Au programme :

- **Des idées cocooning pour prendre soin de soi** (beauté, soins), **se réconforter** (feel good books et films, vêtements et nourriture doudou), **et cultiver sa bulle de bien-être** (grâce à une déco apaisante et chaude, un espace dégagé et apaisant).
- **De la pensée positive, pour savoir apprécier les petits bonheurs de la vie**, qu'ils se présentent d'eux-mêmes ou que l'on doive les provoquer : c'est ça le secret du bonheur !
- **De la convivialité**, car rien ne vaut la chaleur et le réconfort d'une discussion entre amis, avec toutes des idées de moments à partager, de lieux où se retrouver, d'événements à organiser.
- **Un programme hygge**, avec des activités feel good (yoga, méditation), des temps de convivialité (cuisine, soirée entre amis...), un bon rythme de vie antistress (organisation, sommeil, réveil...), des techniques de pensée positive motivantes et des inspirations déco hygge réconfortantes pour toutes les saisons !

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