

Read Mon Cahier Rangement Feel Good NE Le Livre En Ligne PDF EPUB Mobi- Leïla Bezaz



Read Mon cahier Rangement feel good NE Leïla Bezaz le livre en ligne PDF EPUB mobi, La tendance du rangement dans un cahier personnalisé, pour libérer son intérieur et retrouver énergie, sérénité et bien-être.

Trop overbookée pour s'occuper du dressing qui déborde ? Entre vieux mascaras secs et crayons à tailler, votre trousse à maquillage est un vrai fouillis ? Sans parler de tout le bric-à-brac qui gâche la déco du salon... Votre habitation a sérieusement besoin d'une détox, et vous aussi ! Grâce à ce programme de rangement, on met de l'ordre dans son habitation, on optimise l'espace et on crée un intérieur inspirant, pour déstresser, retrouver de l'énergie et se sentir bien chez soi... et en soi !

Au programme :

Un test pour établir son profil (maniaque, fait-au-mieux, dépassée), pour comprendre les origines de son désordre + des comparaisons avant/après pour se motiver.

Un rangement rapide et facile, par type d'objet, grâce à un coaching personnalisé, pour trier et se délester vite et bien.

Un espace optimisé, avec une organisation des activités par zone et un mobilier adapté, pour laisser de la place à ce qu'on aime (bien-être, mode, hobby...) et booster ses performances au quotidien en gagnant du temps et de l'énergie.

La déco qui nous correspond (inspirante et tendance, déstressante, boostante), grâce à un coaching déco personnalisé (couleur, luminosité, accessoires, style).

Toutes les astuces DIY, mobilier, organisation et déco, pour transformer sa maison en un lieu spacieux, harmonieux et accueillant pour ses amis.

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