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Le nouveau livre de Fabrice Midal vous explique comment faire face aux difficultés.

En vous proposant une morale libérée des règles écrasantes, il vous fait découvrir des solutions là où vous pensiez qu'il n'y en avait plus.

Reprenez votre vie en main !

Philosophe, Fabrice Midal est l'un des principaux enseignants de la méditation en France.

Il est notamment l'auteur du best-seller *Foutez-vous la paix !* traduit dans le monde entier.

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