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Autore	Geneviève Desautels Geneviève
Titolo	Décllic
Pubbl/distr/stampa	Québec : , : Beliveau Editeur, , 2016 ©2016
ISBN	2-89092-799-7
Descrizione fisica	1 online resource (50 pages)
Soggetti	Self-realization Self-help techniques
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Page légale -- Table des matières -- ÉTAPE 1 Observer l'éveil de sa conscience -- ÉTAPE 2 Nommer son intention -- ÉTAPE 3 Enclencher le mouvement -- ÉTAPE 4 Être et agir dans l'action -- Suggestions de lectures complémentaires -- Les auteurs -- Notes -- Quatrième de couverture
Sommario/riassunto	Geneviève Desautels' book explores a four-step process to transition from awareness to action, aiming to help individuals better align their lives with their true selves. It encourages readers to move beyond automatic responses and make conscious choices that enhance vitality, performance, and decision-making. The author draws on personal anecdotes and insights to provide practical tools for self-acceptance, compassion, and emotional well-being. Intended for individuals seeking personal growth and authenticity, the book emphasizes the importance of self-reflection and the integration of conscious actions into daily life.