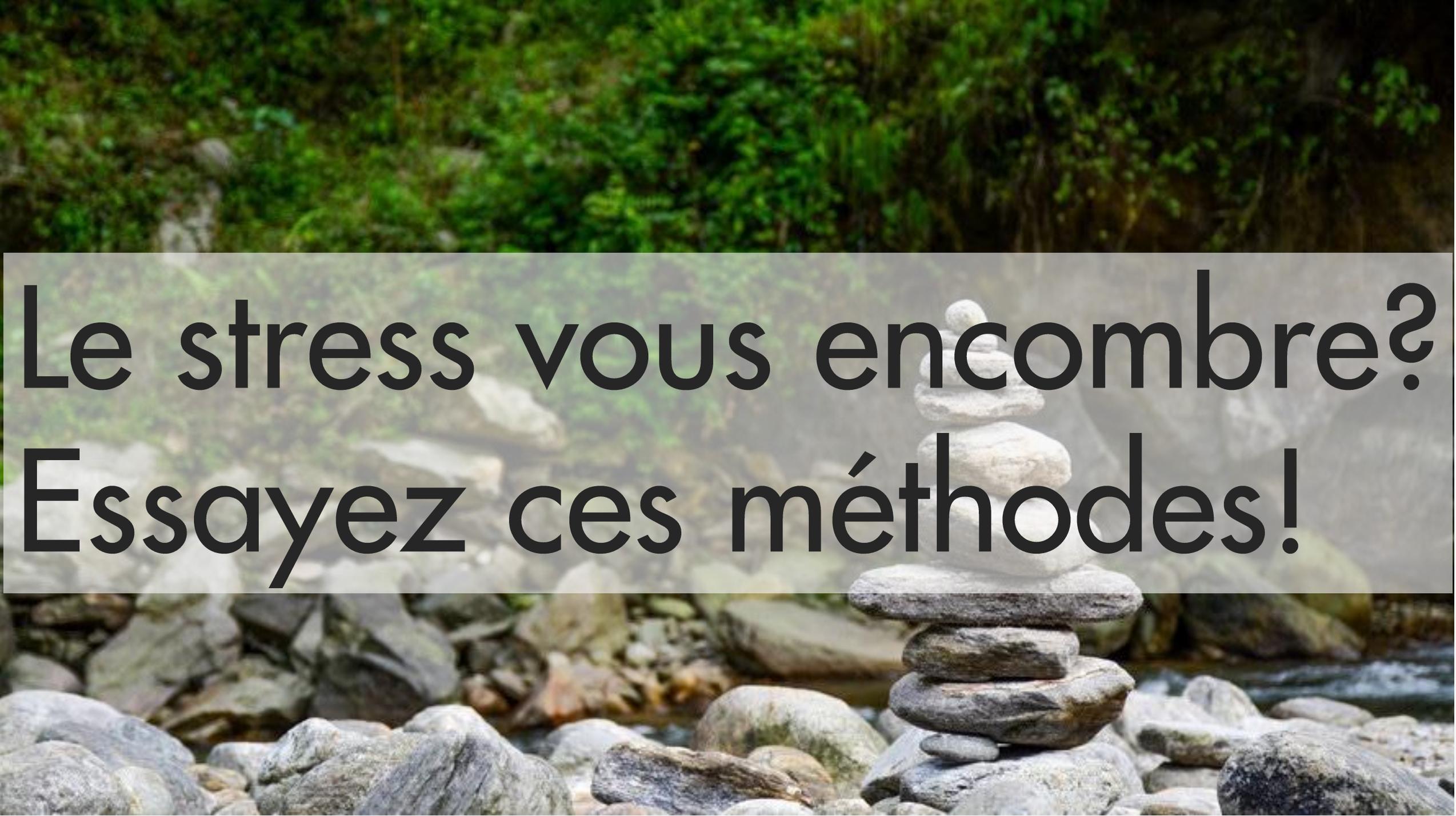
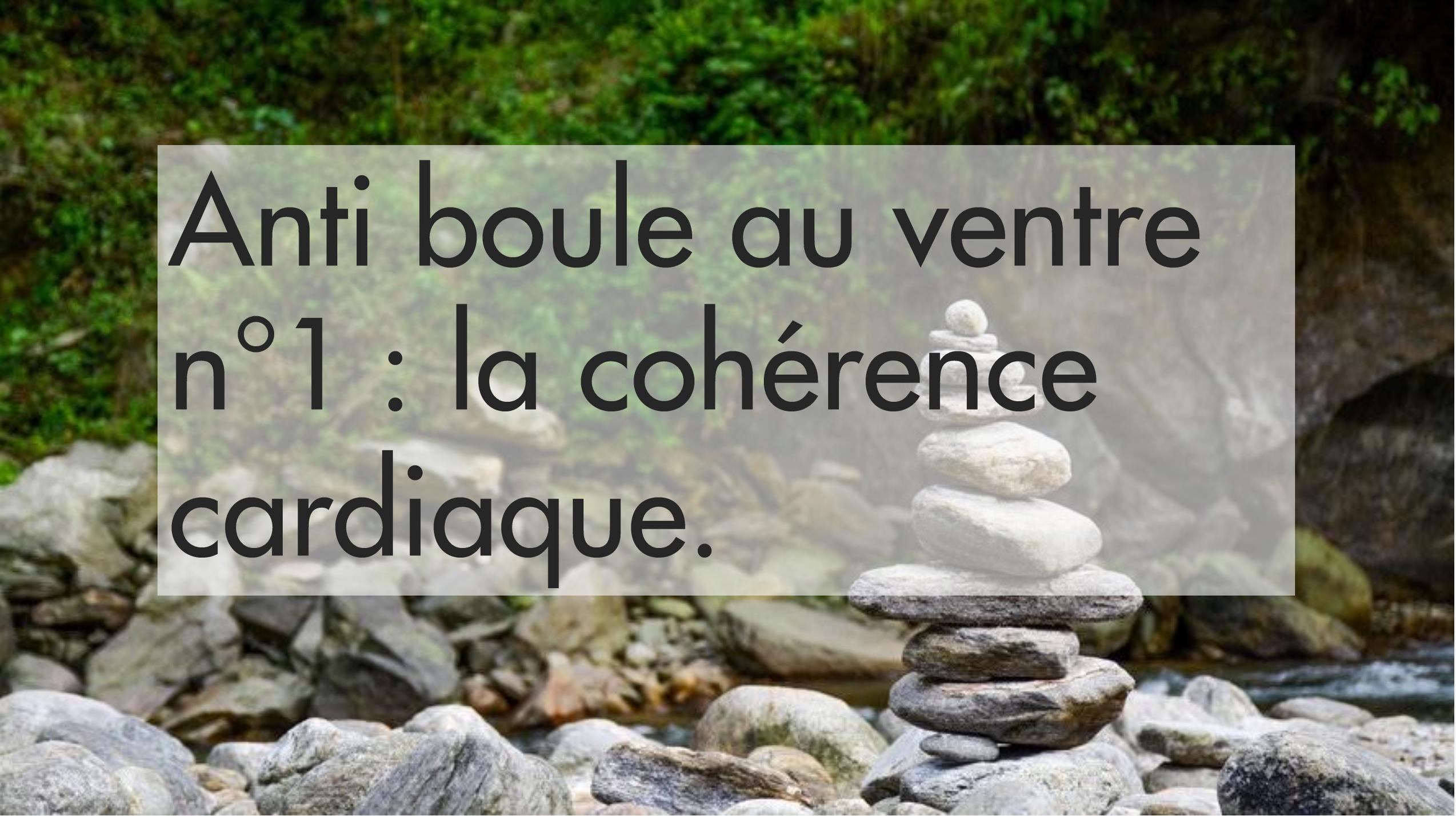


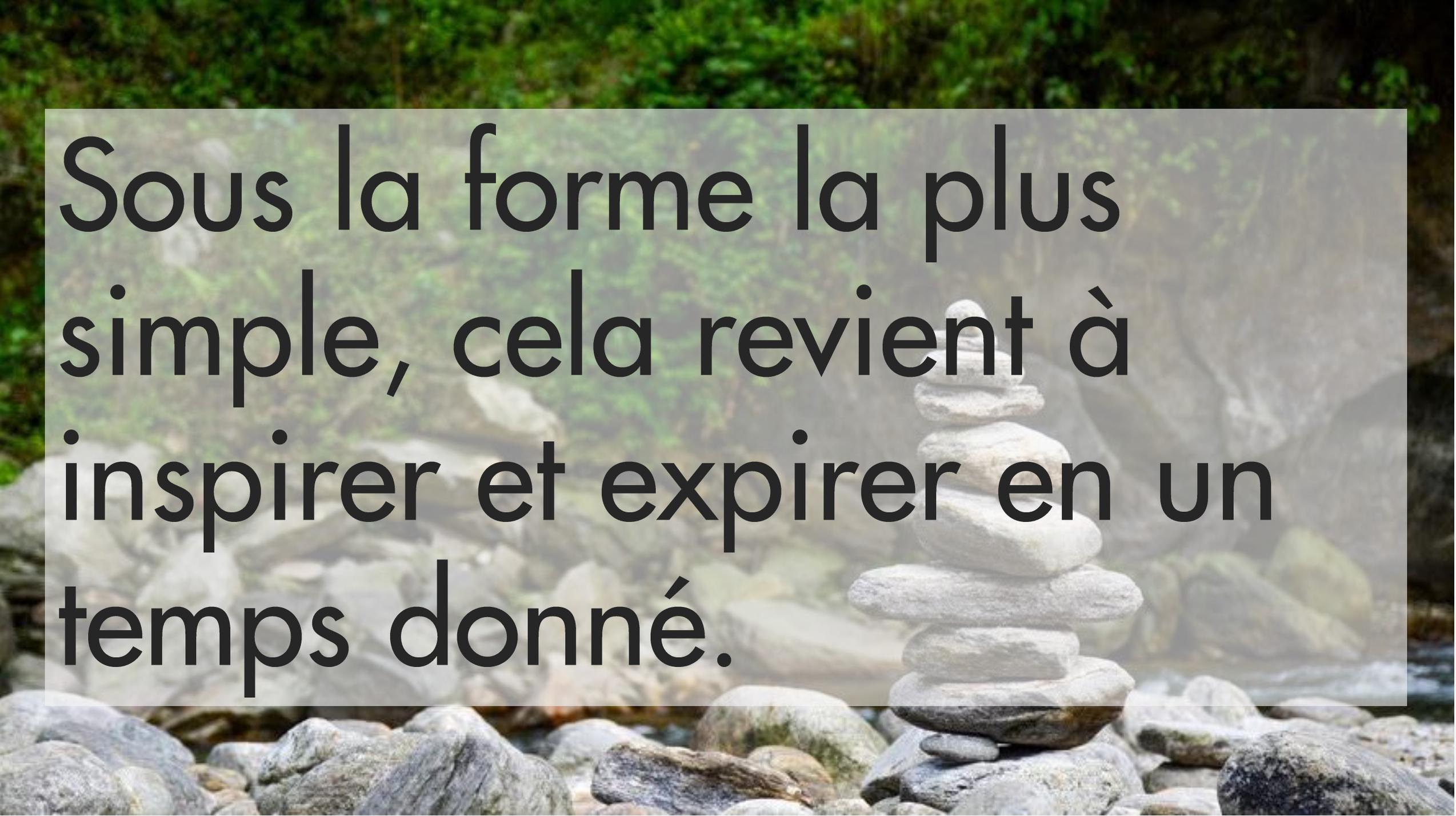
**Boule au ventre:
5 solutions pour
s'en débarrasser**

A stack of smooth, grey stones is balanced on a rocky riverbank. The stones are stacked in a vertical column, with some larger stones at the base and smaller ones on top. The background is a lush green forest with dense foliage. The text is overlaid on a semi-transparent grey band across the middle of the image.

**Le stress vous encombre?
Essayez ces méthodes!**

A stack of smooth, light-colored stones balanced on a bed of larger, darker rocks, symbolizing balance and stability. The background is a blurred natural setting with green moss and a stream.

Anti boule au ventre
n°1 : la cohérence
cardiaque.

A stack of smooth, light-colored stones is balanced on a bed of larger, darker rocks. The background is a blurred scene of green moss and water, suggesting a natural, outdoor setting. The text is overlaid on a semi-transparent grey rectangle.

Sous la forme la plus simple, cela revient à inspirer et expirer en un temps donné.

A stack of smooth, light-colored stones is the central focus, balanced on a bed of larger, darker grey rocks. The background is a lush, green, mossy surface, possibly a stream bed or a forest floor. The overall scene is serene and natural.

Des application mobiles
pour iPhone et Android,
ainsi que des vidéos sur
Youtube sont disponibles.

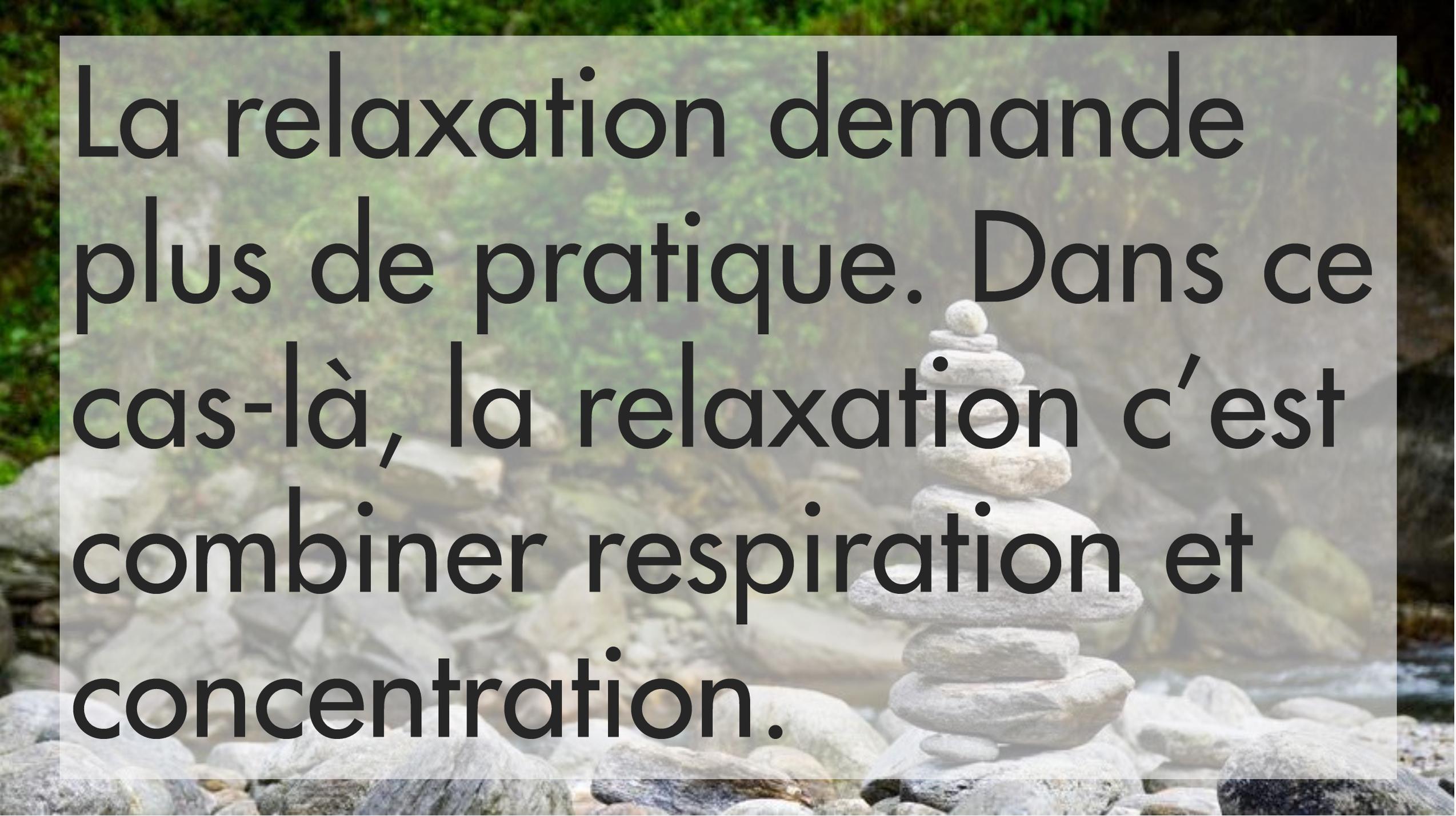
Plus de contenus utiles?

Allez sur

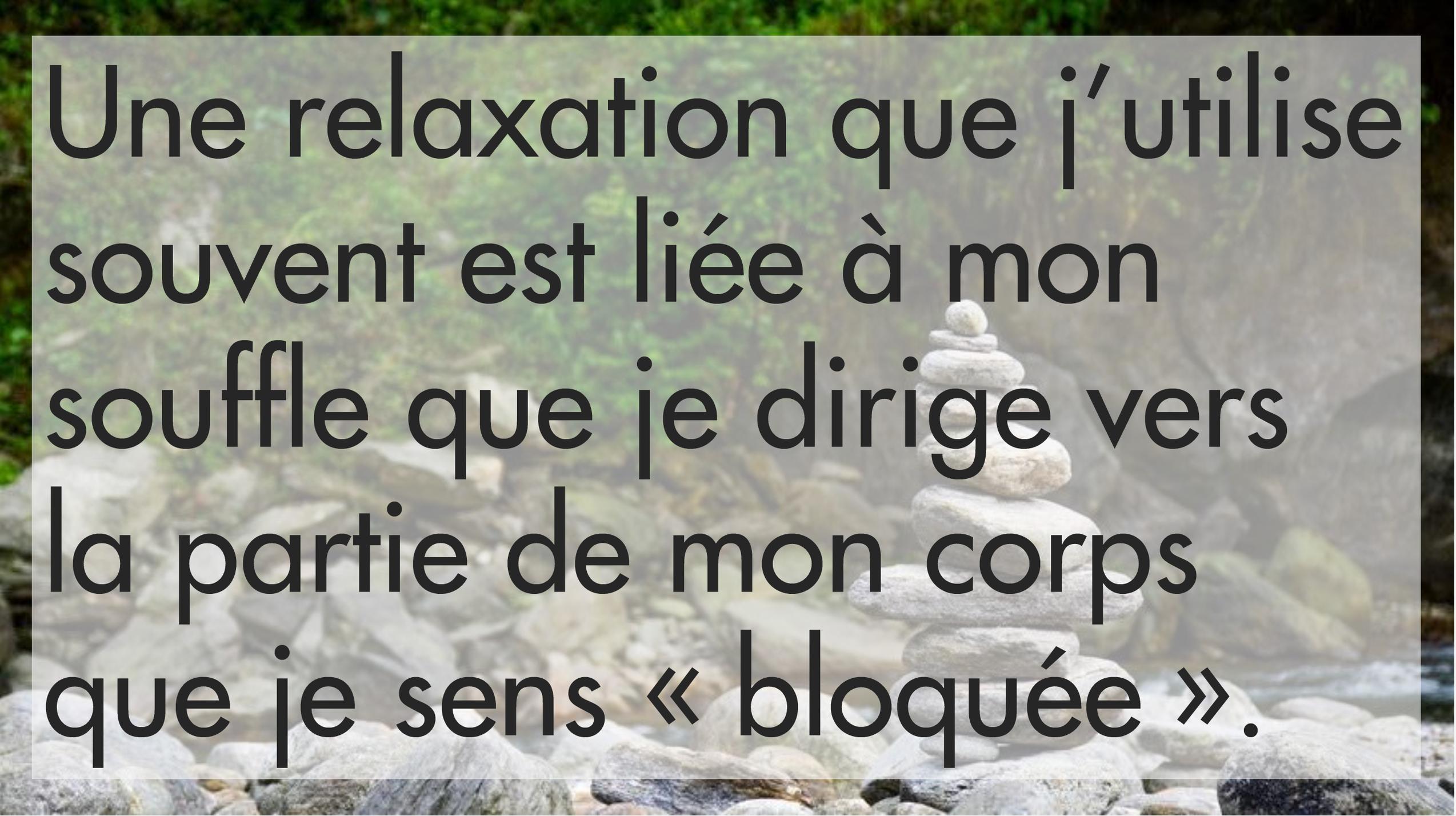
<http://bit.ly/wrform>

Anti boule au
ventre n°2 : la
relaxation.



A stack of smooth, light-colored stones is balanced on a rocky riverbank. The stones are stacked in a vertical column, with the top stone being the smallest and the bottom stone being the largest. The background shows a river with water flowing over rocks, and a forest of green trees in the distance. The overall scene is peaceful and serene.

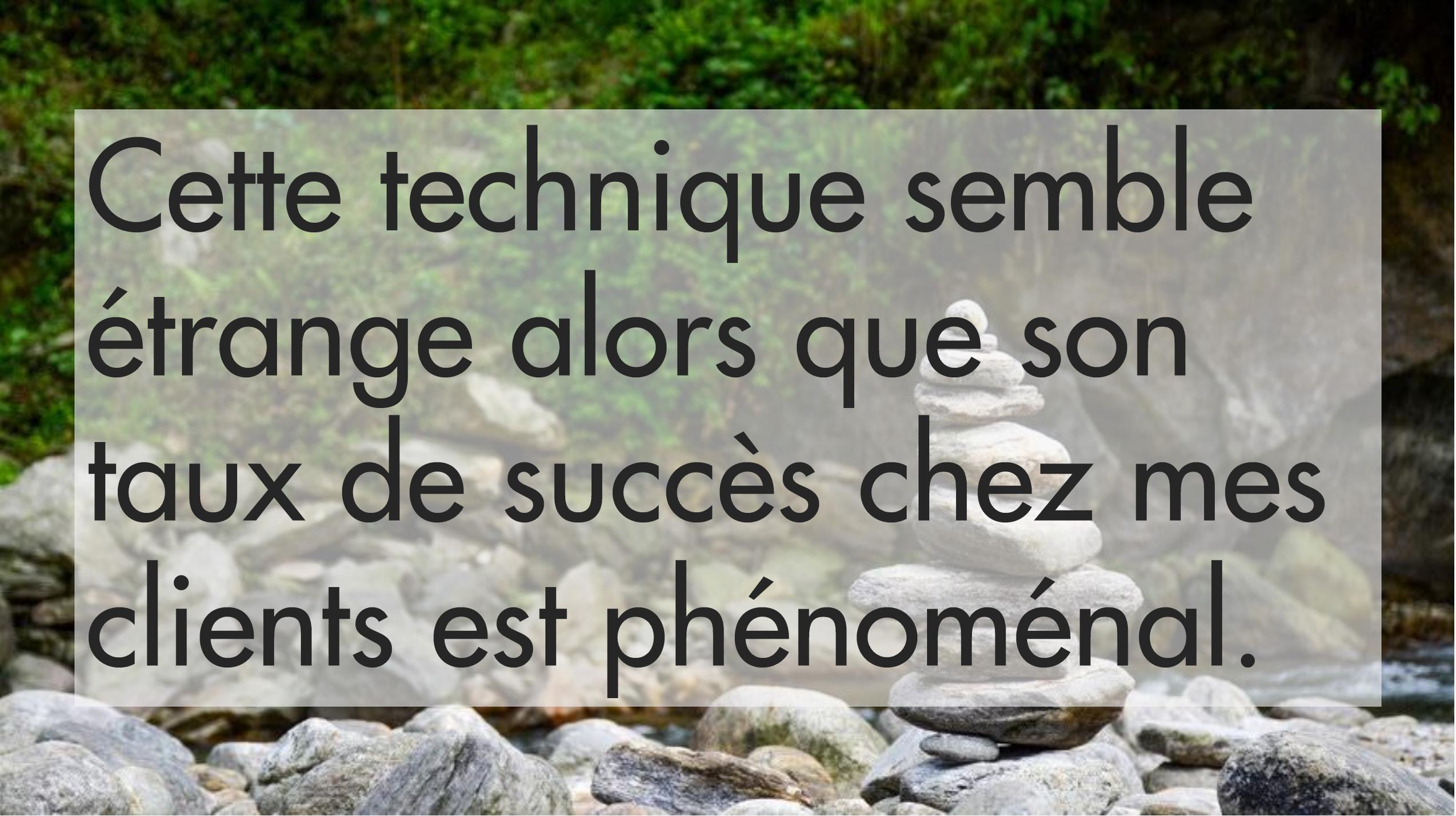
La relaxation demande plus de pratique. Dans ce cas-là, la relaxation c'est combiner respiration et concentration.

A stack of smooth, light-colored stones is balanced on a rocky riverbed. The stones are stacked in a vertical column, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred riverbed with many other rocks and some green moss or algae. The text is overlaid on a semi-transparent white box.

Une relaxation que j'utilise souvent est liée à mon souffle que je dirige vers la partie de mon corps que je sens « bloquée ».

Si c'est une boule au
ventre, j'inspire et
j'expire au travers de
cette boule.

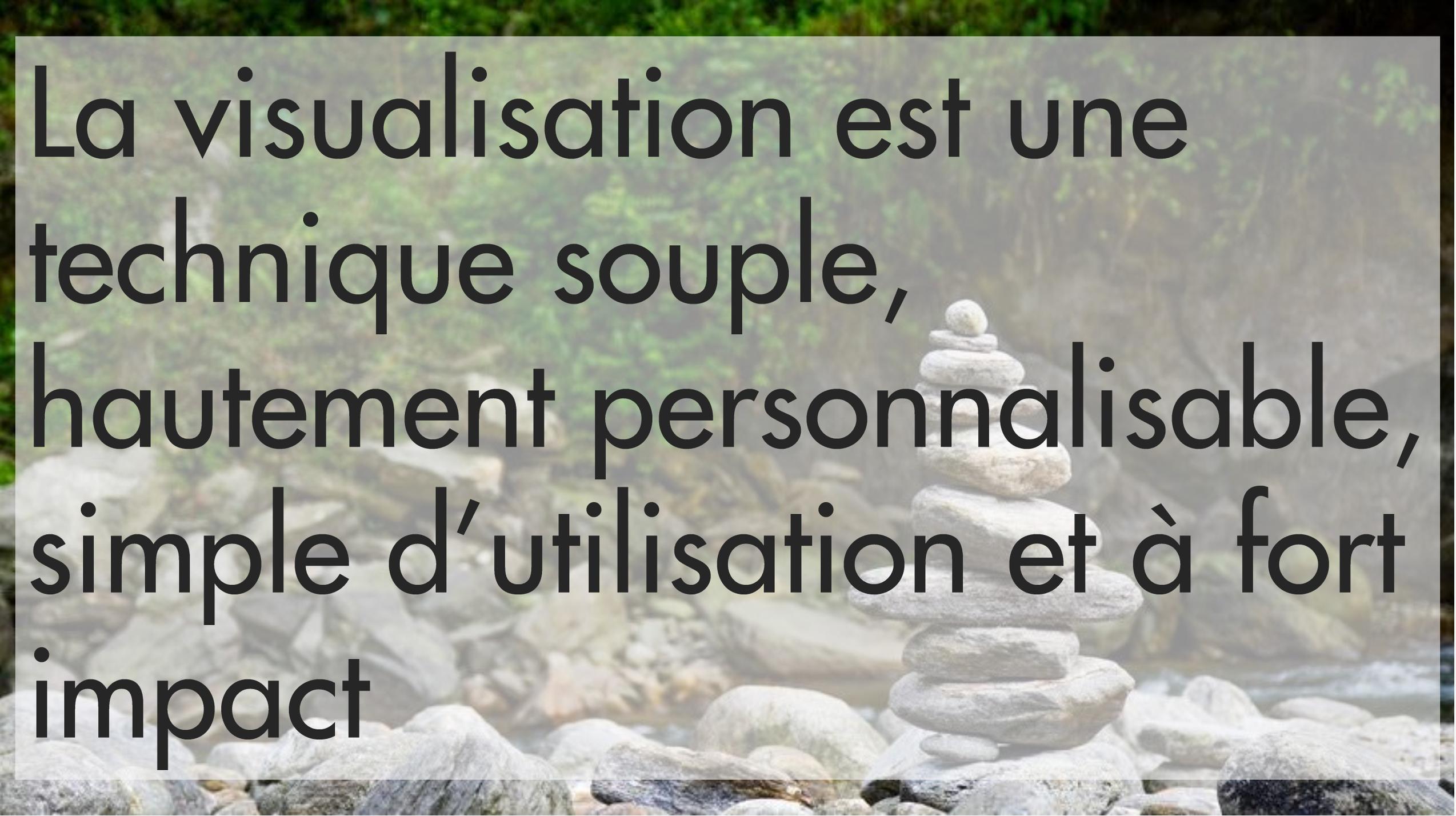


A stack of smooth, light-colored stones is balanced on a bed of larger, darker rocks. The background is a blurred green, suggesting a natural outdoor setting. The text is overlaid on a semi-transparent white box.

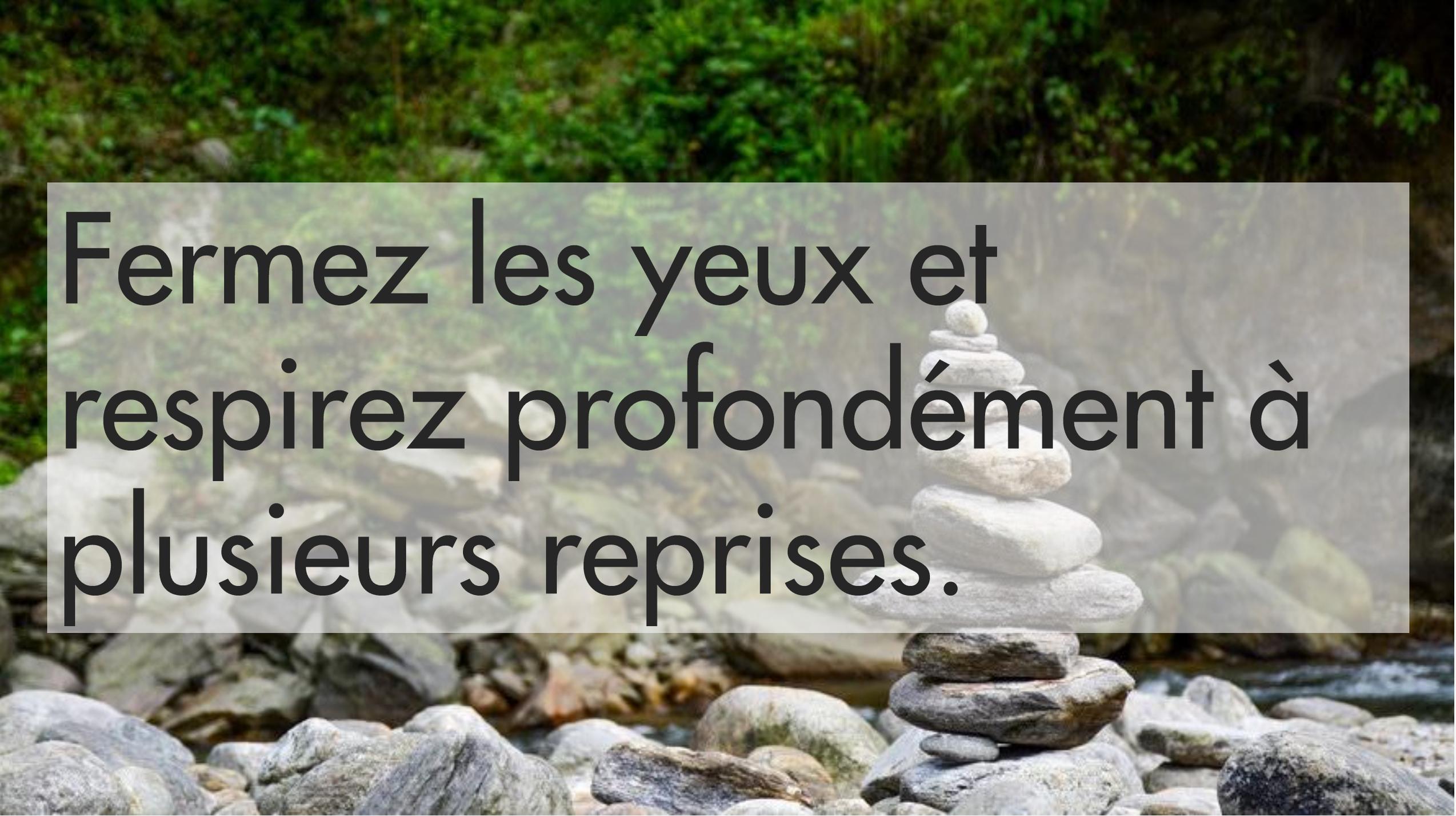
Cette technique semble étrange alors que son taux de succès chez mes clients est phénoménal.

A photograph of a stack of smooth, light-colored stones balanced on a bed of larger, darker rocks. The background is a lush, mossy green area. The text is overlaid on a semi-transparent grey rectangle in the center of the image.

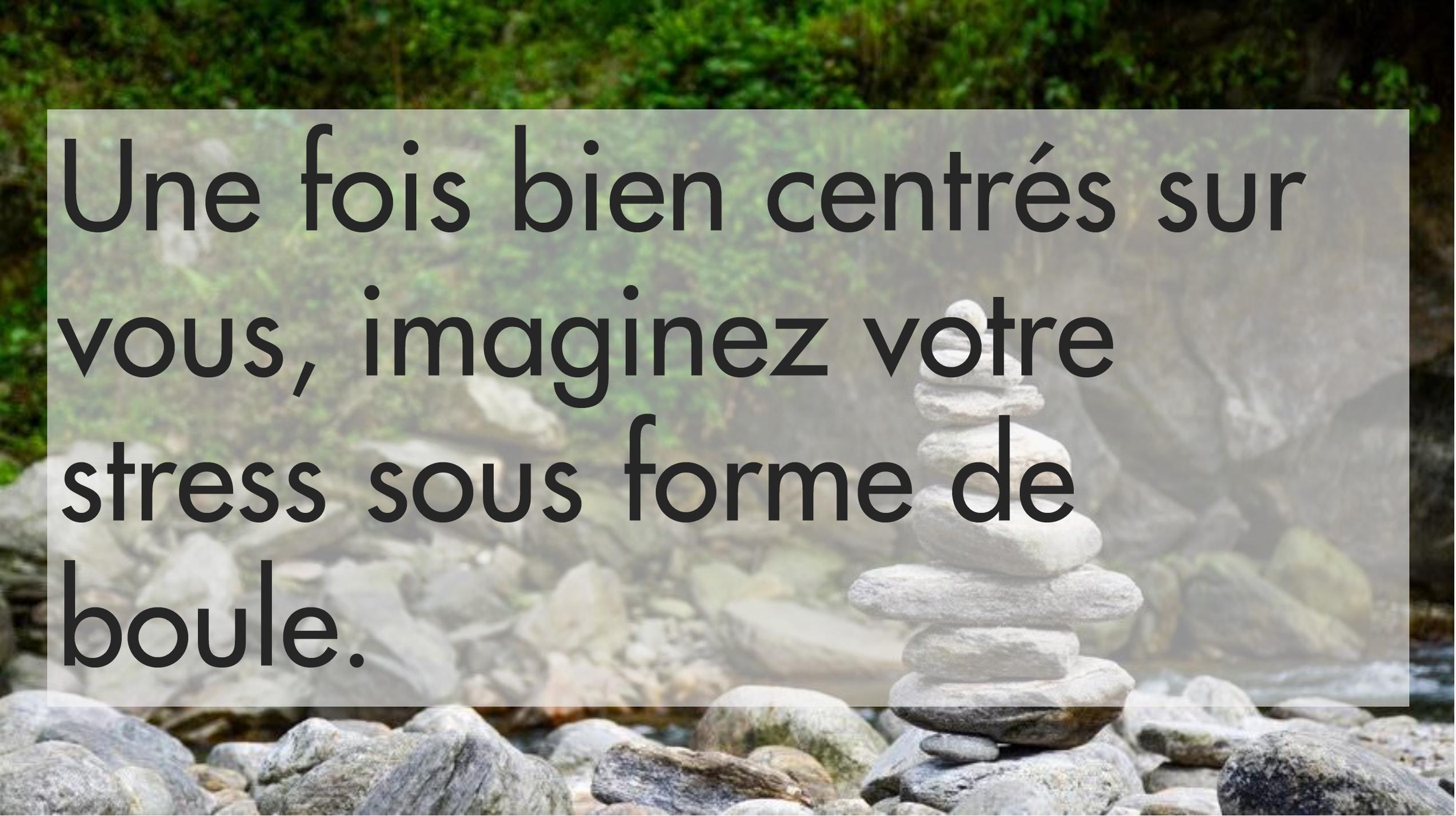
Anti boule au
ventre n°3 : la
visualisation.

A stack of smooth, light-colored stones is balanced on a rocky riverbank. The stones are stacked in a vertical column, with the top stone being the smallest and the bottom stone being the largest. The background shows a river with many other rocks and some green foliage in the distance. The text is overlaid on the image in a large, black, sans-serif font.

La visualisation est une
technique souple,
hautement personnalisable,
simple d'utilisation et à fort
impact

A stack of smooth, light-colored stones is balanced on a bed of larger, darker rocks. The background is a lush, mossy green. The text is overlaid on a semi-transparent grey box.

Fermez les yeux et respirez profondément à plusieurs reprises.

A stack of smooth, light-colored stones balanced on a bed of larger, darker rocks, with a mossy background.

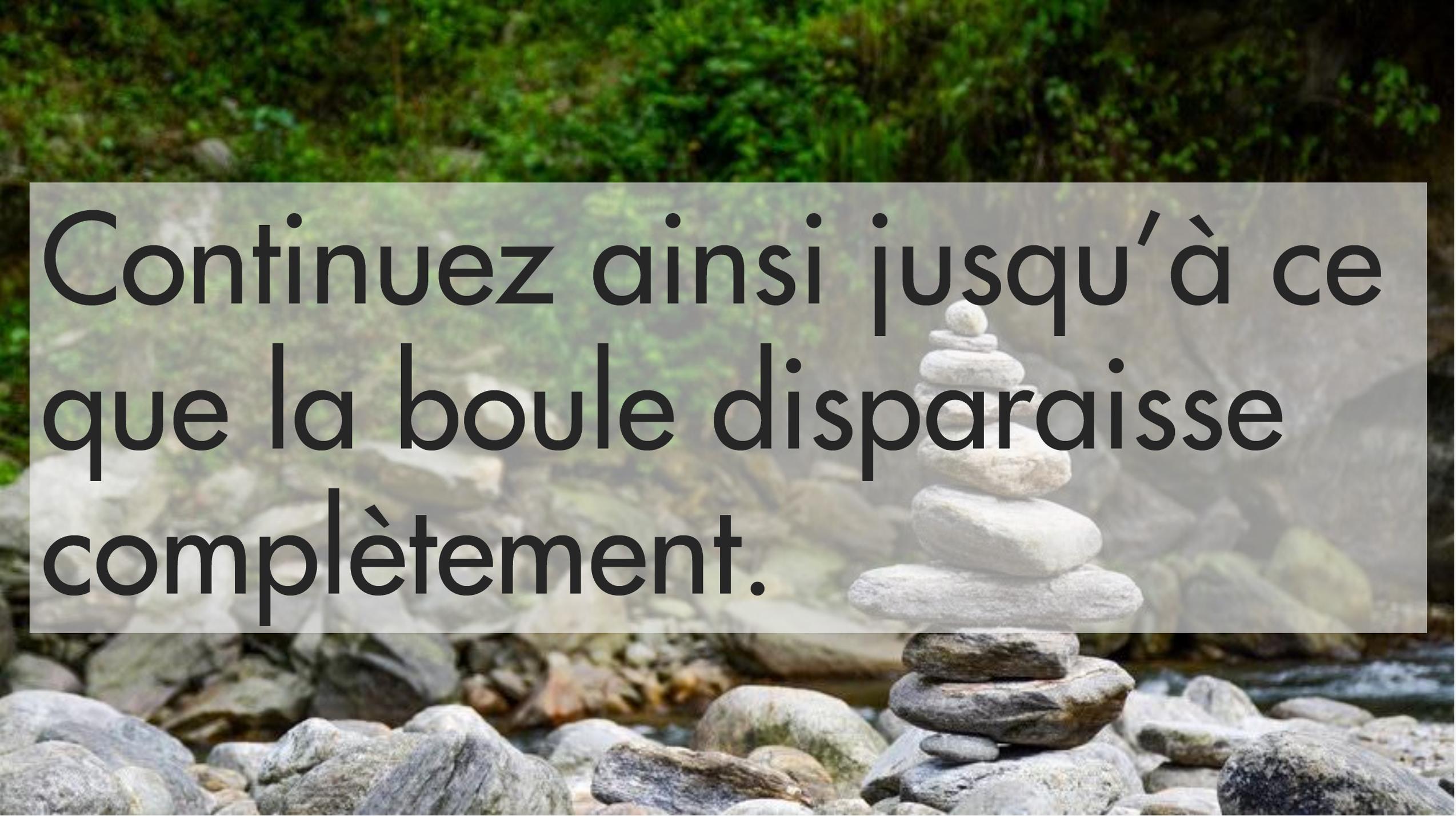
Une fois bien centrés sur
vous, imaginez votre
stress sous forme de
boule.

A stack of smooth, light-colored stones is balanced on a bed of larger, darker rocks. The background is a blurred green foliage. The text is overlaid on a semi-transparent white box.

A chaque inspiration, vous visualisez un fragment de cette boule s'en détacher

A stack of smooth, light-colored stones is balanced on a bed of larger, darker rocks. The background is a blurred scene of green moss and a stream. The text is overlaid on a semi-transparent grey box.

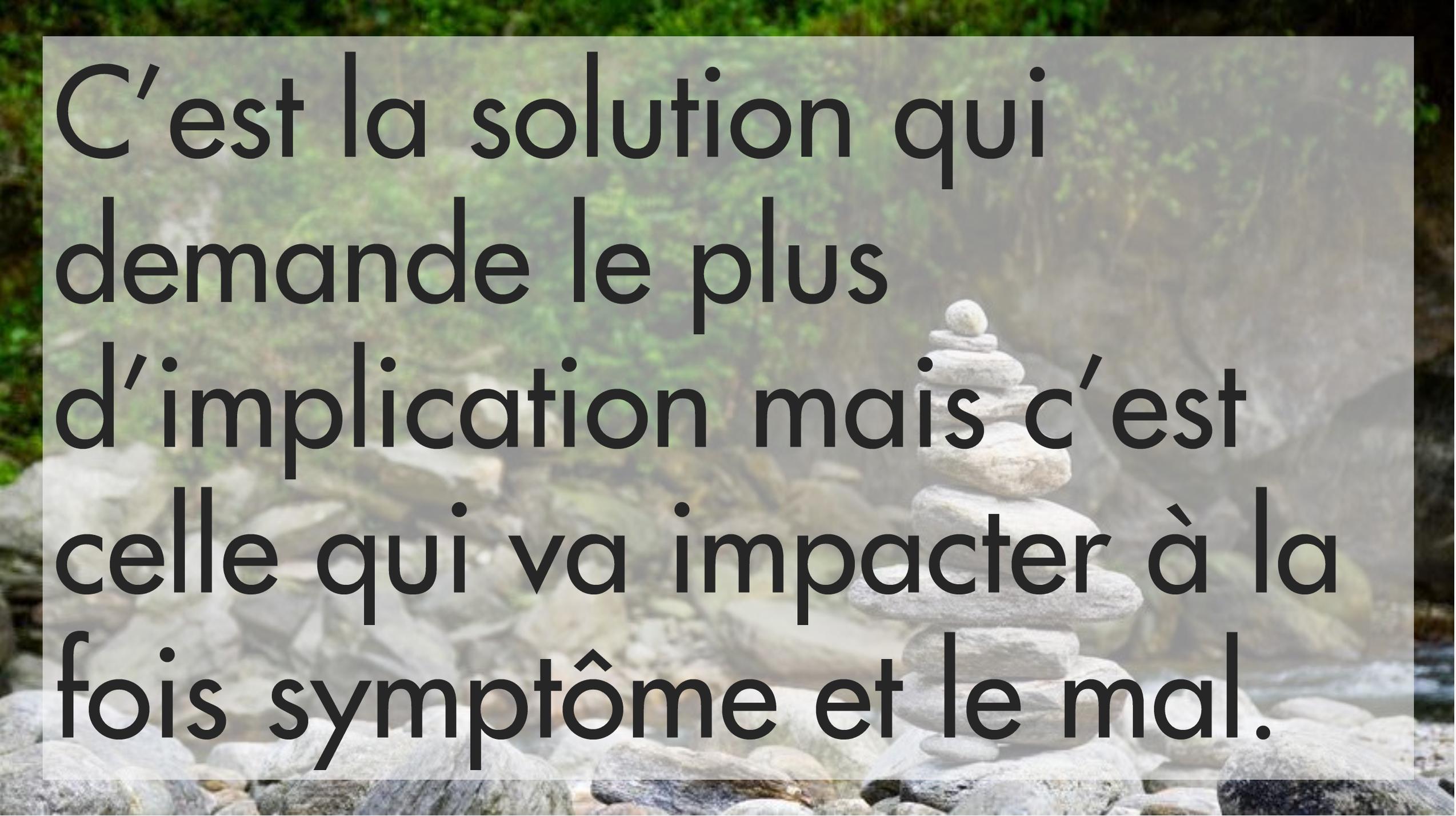
A chaque expiration, vous voyez le dit fragment s'estomper et disparaître.

A stack of smooth, light-colored stones is balanced on a bed of darker, larger rocks. The background is a lush, mossy green. The text is overlaid on a semi-transparent grey box.

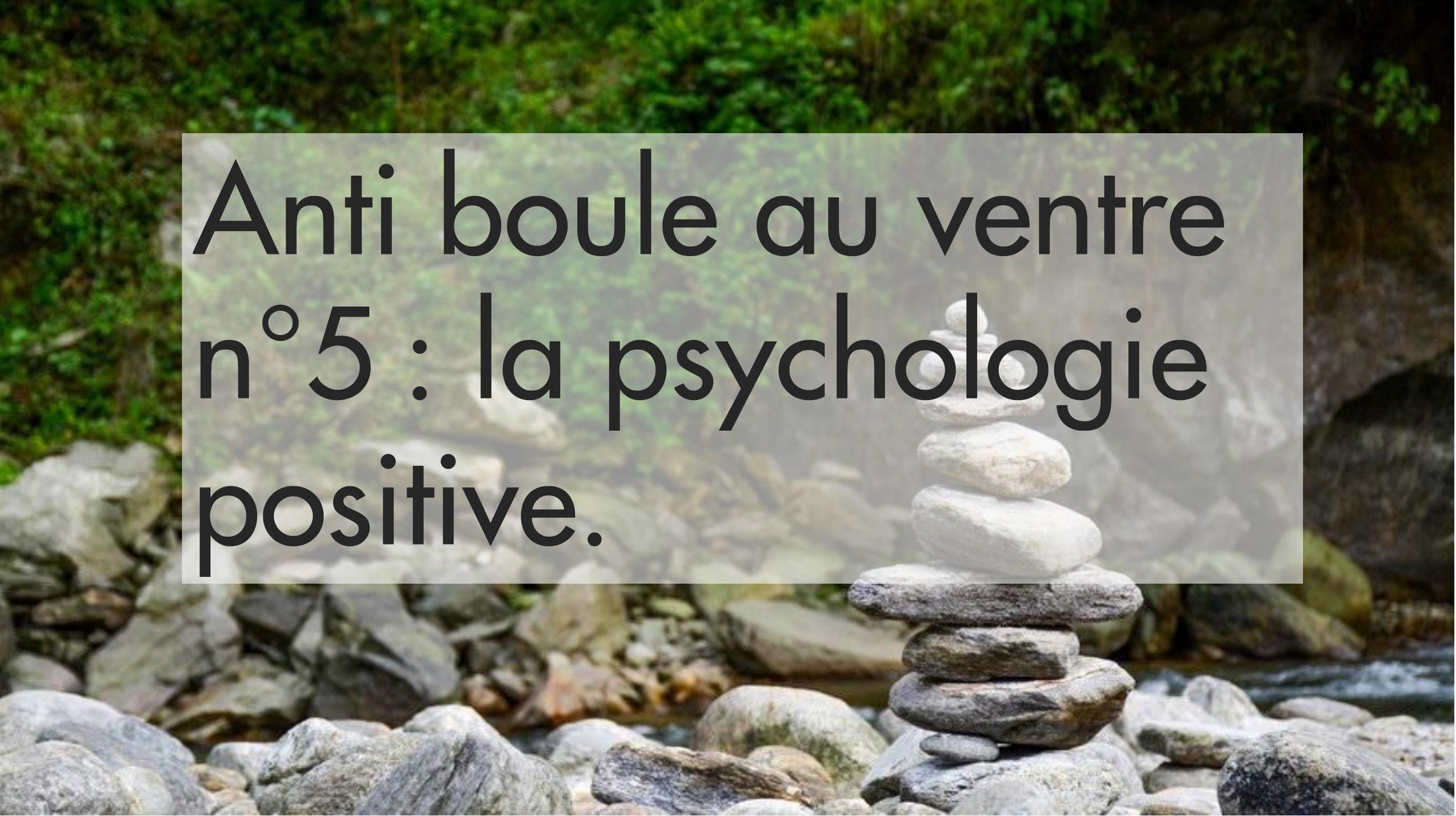
Continuez ainsi jusqu'à ce
que la boule disparaisse
complètement.

Anti boule au
ventre n°4 : la
méditation.

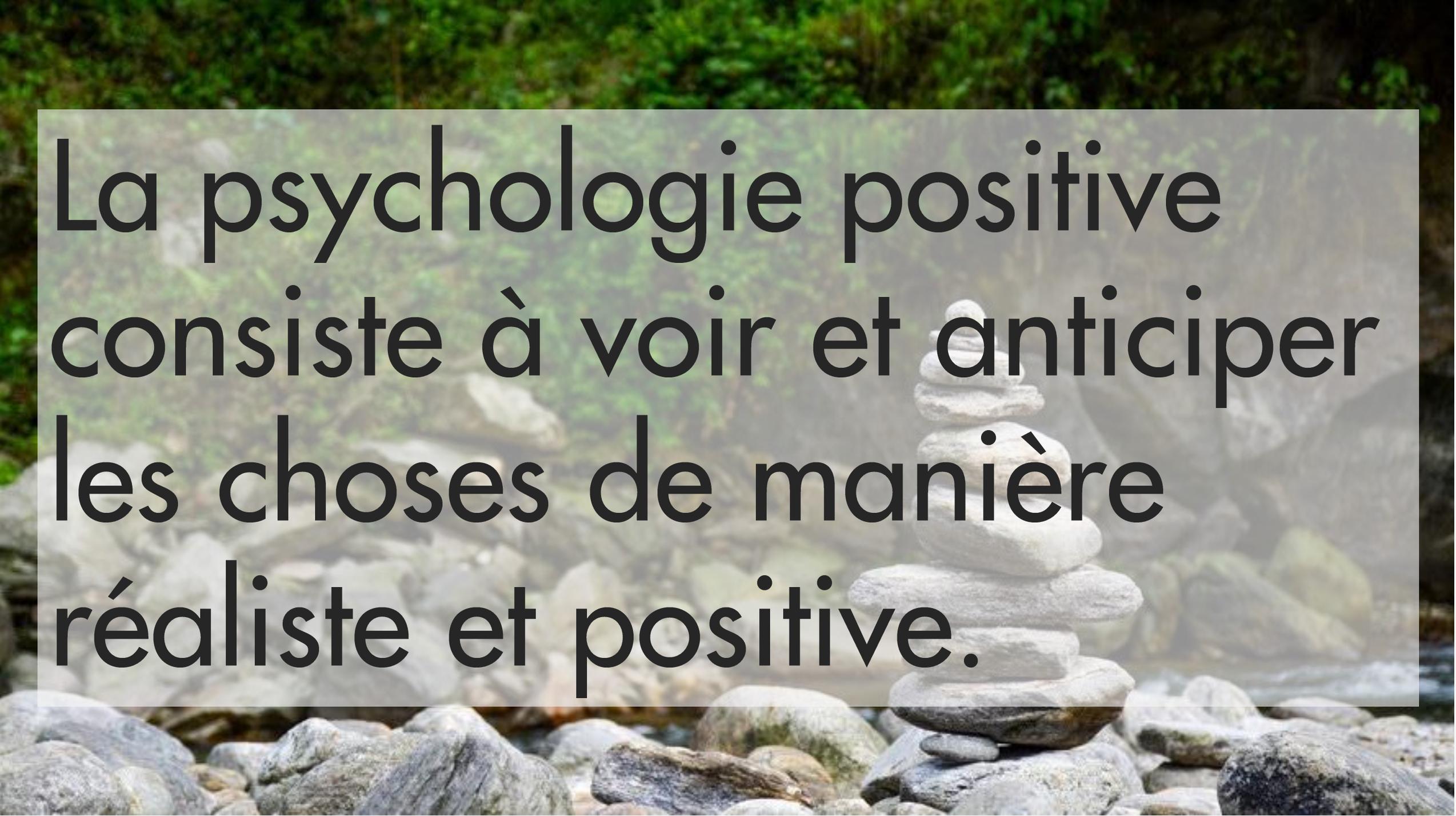




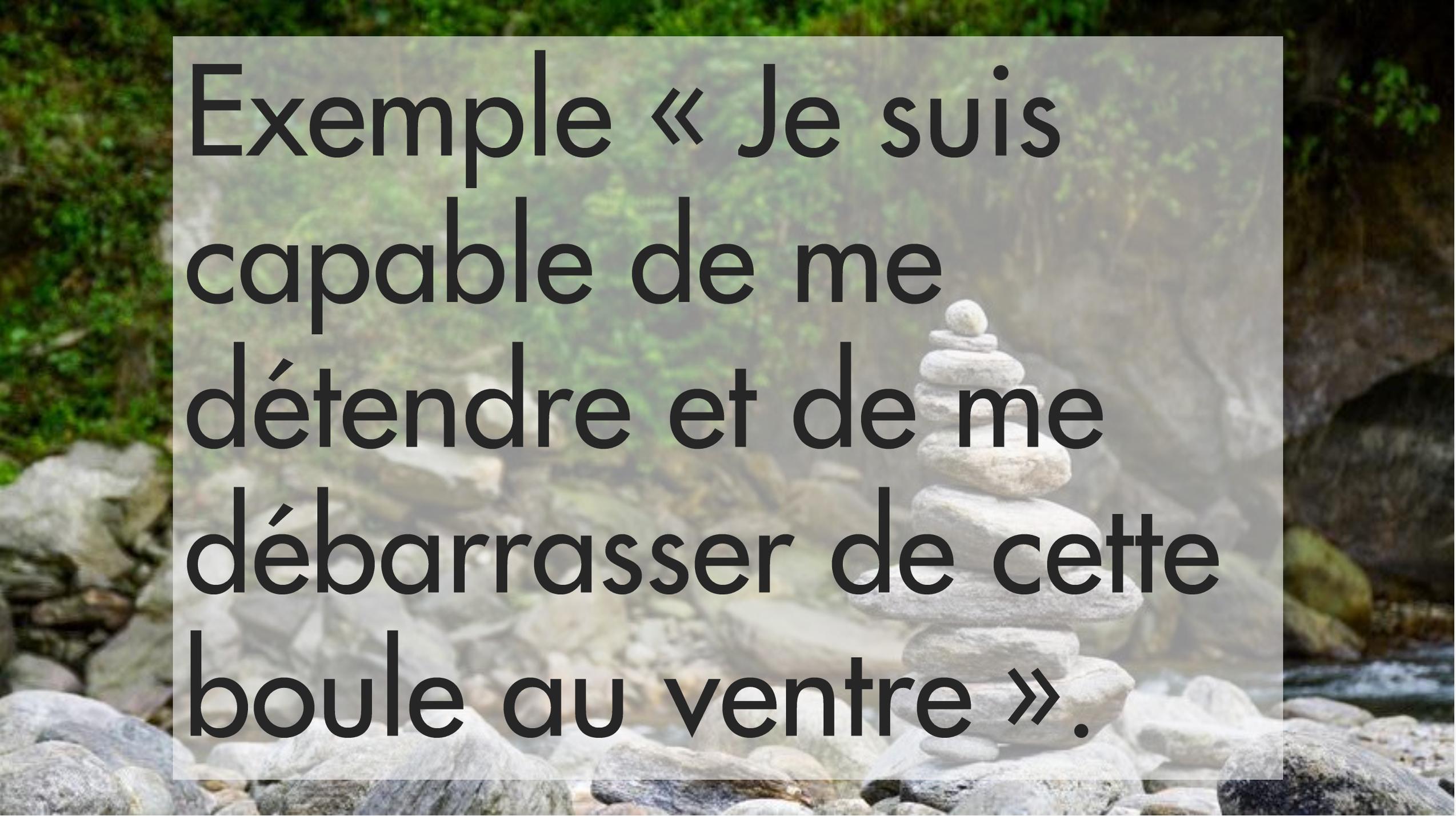
C'est la solution qui demande le plus d'implication mais c'est celle qui va impacter à la fois symptôme et le mal.

A stack of smooth, light-colored stones is balanced on a bed of larger, darker rocks. The background is a blurred natural setting with green moss and a stream. The text is overlaid on a semi-transparent grey rectangle.

Anti boule au ventre
n°5 : la psychologie
positive.

A stack of smooth, light-colored stones is balanced on a bed of larger, darker rocks. The background is a blurred scene of green moss and water, suggesting a natural, serene environment. The text is overlaid on a semi-transparent white box.

La psychologie positive
consiste à voir et anticiper
les choses de manière
réaliste et positive.

A stack of smooth, light-colored stones is balanced on a rocky riverbed. The background is a blurred natural setting with green foliage and water. The text is overlaid on a semi-transparent white rectangle.

Exemple « Je suis capable de me détendre et de me débarrasser de cette boule au ventre ».

Merci pour
tout. On se
retrouve là!
[http://bit.ly/
wrform](http://bit.ly/wrform)

