

It Looked Like Spilt Milk

Guillaume Favre

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comment faire face à une crise de compulsions alimentaires 3 - Jun 01 2022

web sep 4 2020 cela ne fera pas disparaître ta compulsions mais elle va perdre en intensité facile à mettre en place avant de manger la respiration en cohérence cardiaque est une astuce efficace pour t'aider à mieux gérer et à mieux vivre ta compulsions alimentaire au moment où elle se présente