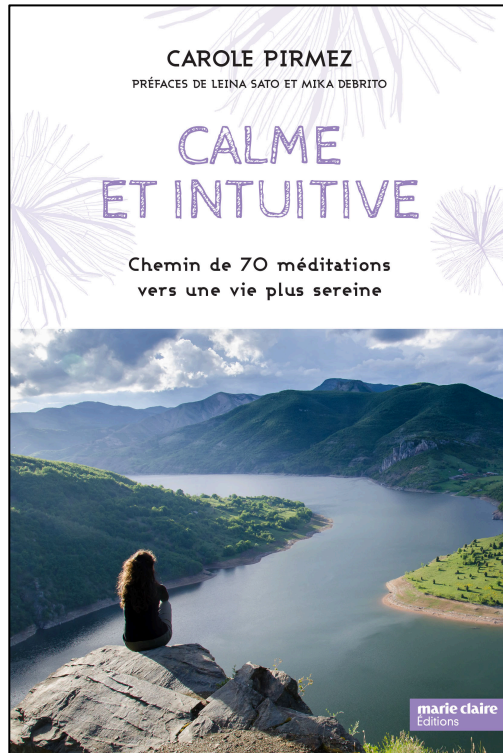


Calm and Intuitive

A path to 70 meditations toward a more serene life

March 2019



Synopsis:

Stress, life in the city, marathon between work and home, women feel the need to have a break in their everyday race.

A time that allows them to relax, to put things into perspective, to keep good relationships with people around them and thus, on the long run, to feel more serene, blooming, more feminine, more creative, more confident in their choice by trusting their intuition.

This book is a precious guide to accompany women on their path to freedom and to a better knowledge of themselves.

Content:

7 series of 10 meditations: Anchorage, Femininity, Energy, Creativity, Intuition, Consciousness, Gratefulness.

The Author:

Carole Pirmez (Belgium) manages a team of 15 people for the leader of self help online. Business woman, blogger, author, mother of two, she is one of the authors of *Radiate Day after Day*, and the author of *I Used to be Overwhelmed* by Marie Claire Books.

<https://mavraienature.live>

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