



THE BIG BOOK OF EMOTIONAL DETOX
Essentials for well-being
Anne Loiselle, with the collaboration
of Dali Sanschagrín

**Dozens of resources to revitalize and energize
your personal and professional life!**

320 pages
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In this book, you'll find more than a hundred tips and methods to regain balance in your life. You'll find out how to detect disruptions, understand the causes, and find your way again, while remaining self-sufficient in your search for happiness. "The search for well-being does not have to be difficult, long and burdensome," writes Anne Loiselle. "By paying attention to yourself, and living with awareness, you'll already have put a big stretch of the road behind you." Relating the challenges we face to the seven chakras, this coach therapist provides us with all the tools we need to once again put flow back into the core of our being.

Strong points

- An interactive book that suggests tests and solutions for living happily.
- A playful and enjoyable journey.
- Simple, clear, and easy-to-do exercises that fit effortlessly into everyday routines.

Subjects: chakras, alternative medicine, emotion, balance, trauma, breathing technique, essential oil, Bach flowers

With over 30 years of experience in alternative medicine, Anne Loiselle practises a personal, unique and impactful approach to guiding people toward their well-being. She studied industrial relations at university and was for 22 years a manager in large organizations. As a therapist and holistic health professor for roughly ten years, she has studied naturopathy, phytotherapy, conscious communication, hypnosis, medical qi gong, TCM, alchemical and conscious breathing, yoga, meditation, holistic and integrated kinesiology, etc.

Dali Sanschagrín, a journalist, has always been passionate about approaches to well-being; she has worked in the media for over 30 years. She is a Prix Gémeaux winner and the author of two books.

By the same author
**EMOTIONAL DETOX
FOR EVERYONE**

