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web bien que le mode automatique n est jamais très loin prêt à redémarrer à la moindre occasion 100 jours pour observer  
noter et mieux comprendre les compulsions alimentaires pour ensuite les apprivoiser et changer son mode de  
fonctionnement

**comment faire face à une crise de compulsion alimentaire 3** - Jun 01 2022

web sep 4 2020 cela ne fera pas disparaître ta compulsion 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  
compulsion alimentaire au moment où elle se présente