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Sorganiser Cest Facileguide Pratique A Lusage Des Femmes

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travail de fond sur le sens de sa vie elles constituent l'un des moyens les plus accessibles les plus amusants et les plus efficaces de se libérer intérieurement Dominique Loreau en apporte la preuve dans cet ouvrage la fois guide pratique comment organiser au mieux le quotidien le ménage les repas les invitations d'inviter les comptes les cadeaux les valises des vacances afin de se donner du temps pour soi et invitation ludique explorer une forme d'écriture elliptique et poétique qui va à l'essentiel créer son propre carnet de listes c'est apprendre clarifier son esprit affiner ses goûts enrichir sa vie intérieure En appuyant sur des dizaines d'exemples précis ce guide donne tous les conseils toutes les astuces pour s'approprier ce véritable art du bien vivre

Ma petite organisation Sixtine Thomas-Richard, 2023-01-04 Un guide pratique pour être au top de l'organisation Vous vous laissez souvent submerger Vous avez de nombreux projets en tête mais vous n'arrivez pas les mener bien Vous angoissez face à la montagne de tâches domestiques qui vous attendent Ma petite organisation est là pour vous aider

Entrepreneuse et mère de quatre enfants Sixtine Thomas Richard a accumulé au fil des ans mille et une astuces pour se faciliter le quotidien Travaillée sur Instagram plus de 100 000 followers ce jour elle nous livre ici tous les secrets d'une organisation sans faille comment maîtriser son temps gérer son budget ne pas se laisser envahir par l'administratif mais aussi rendre les enfants plus autonomes trouver un équilibre dans le partage des tâches au sein du couple préparer sereinement des vacances ou un déménagement aménager et entretenir sa maison Avec plein de bon sens un soupçon d'imagination et beaucoup de bienveillance Sixtine vous accompagne jusqu'à ce que vous trouviez l'organisation qui vous correspond

propos de l'auteure Graphiste de formation Sixtine Thomas Richard a fondé son entreprise en 2008 puis s'est lancée dans la grande aventure Instagram sous le pseudo mapetiteorganisation Elle est la créatrice de Mon Petit Organisateur de Vie un agenda pratique regroupant l'organisation personnelle professionnelle et familiale sur un seul support qu'elle diffuse chaque année plusieurs milliers d'exemplaires Elle s'appuie pour délivrer ses conseils la fois sur son expérience et sur de nombreuses heures de lecture et de formation au home management

Mieux s'organiser au travail Émilie Amic, 2018

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