

A photograph of a crystal ball resting on a dark, jagged rock in the foreground. The crystal ball reflects the sunset sky and the ocean. In the background, the ocean waves are breaking, and a large, dark mountain or headland rises against the orange and yellow sky of a sunset.

LES ÉDITIONS  E.T.C. Inc.

*Simple tools
Life changing results*

Powerful books loved by millions of readers

2020 - 2021

Powerful books loved by millions of readers

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About Lise Bourbeau *our founder*

In 1941, Lise Bourbeau was born in Quebec, the fourth of eleven children. Surrounded by unconditional love and acceptance, she developed courage, balance and a sense of conviction that produced a wellspring of ideas on health, love, success and happiness. Her sincerity and exceptional leadership qualities have provided precisely the right chemistry with her audience, so that her gifts can be shared openly, to the benefit of everyone who experiences her unique style.

In 1982, Lise Bourbeau founded the **Listen to Your Body School**. Situated in the heart of the beautiful Laurentian Mountains, since it's become one of the largest personal growth schools in Canada. The philosophies taught, through her workshops and through her **26** successful books, are based on the relearning and the utilization of unconditional love.



Listen to Your Body continues to enjoy tremendous success as the largest French personal growth school in the world. Workshops and conferences have expanded in more than 28 countries.

Lise Bourbeau has now sold over 6 million books!

A Canadian success story!

How to stay young and energetic as you get older

LISE BOURBEAU is often described as a timeless woman, which prompted her to write this book that reveals how she has managed to maintain her vitality, even at age 79!

This book is intended for women and men of all ages and suggests ways of delaying the aging of your physical, emotional and mental bodies.

Its objective is to help you maintain your natural energy instead of losing it, which happens when you don't listen to your needs and when you experience stress and a great deal of emotions.

In this book, LISE BOURBEAU shows you what you can actually do to remain physically fit, manage your emotions and stress and continue to be a spiritual being in harmony with your surroundings.

Format: 258 pages

Published in 2020

ISBN 978-2-920932-80-7

Rights available: All except Czech, French, Italian, Japanese, Polish, Portuguese, Romanian and Russian.



Listen to your body - Your best friend on Earth

In 1987, LISE BOURBEAU began to share her ideas in book form as an adjunct to her workshops and seminars. The reception to her writing was overwhelming! Her simple, direct approach to subjects that, for generations, had been cloaked in confusion and misinterpretation, was welcomed and refreshing.

There is a widespread, pervasive need for balance in the world - on an individual level and on a global one. People are searching for happiness and inner peace. In a world of chaos and uncertainty, where do you find it? The answer lies within each of us.

LISE BOURBEAU takes you by the hand and, step by step, leads you beyond "packing your own parachute", to taking that step back into the clear, refreshing stream of life that flows from the Universal Source. She gives you the tools, not only to fix what is wrong in your life, but to build a solid foundation for your inner house - a foundation that extends as far as the global village. In her most recent book, "LISTEN TO YOUR BODY - YOUR BEST FRIEND ON EARTH" she helps you build an intimate, rewarding and powerful relationship with the most important person in your life - yourself.

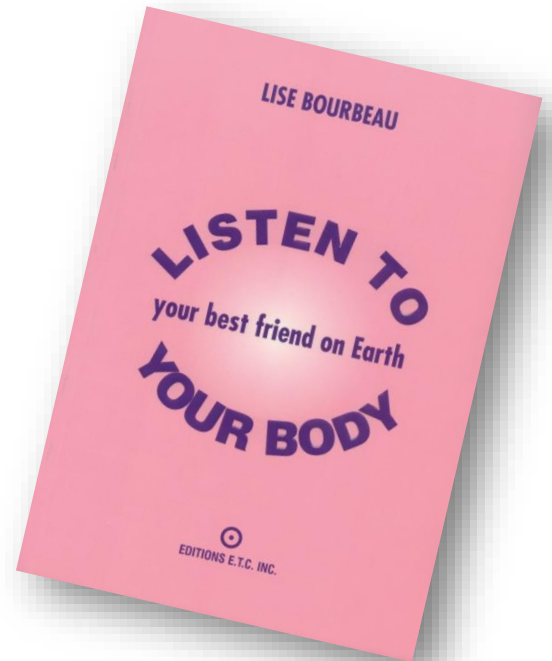
"LISTEN TO YOUR BODY - YOUR BEST FRIEND ON EARTH" is a simple, comprehensive guide that will bring its readers closer to peace, love and harmony. It is a lifeline to the Divine.

Sold over 1 000 000 copies worldwide!

Format: 202 pages

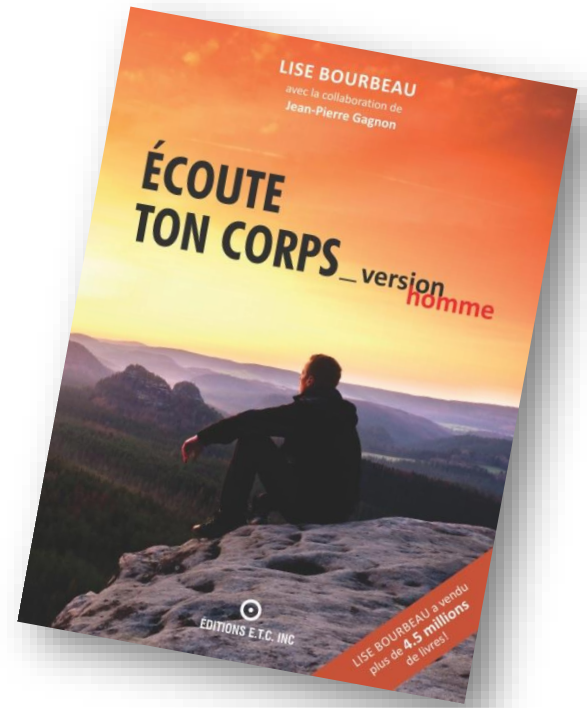
Published in 1987 ISBN 978-2-920932-02-9

Rights available: All except Bulgarian, Chinese, Czech, Dutch, English, English for India, Estonian, French, German, Greek, Hungarian, Italian, Japanese, Korean, Latvian, Polish, Portuguese, Romanian, Russian, Spanish, Swedish.



Listen to your body - Men's version

Why did we publish a men's edition? The original version of **Listen to Your Body** has been an uncontested best seller since 1987, and more than 900,000 copies in 20 different languages have been sold. There was only one hitch, however. The pink cover was somewhat of a damper for male readers. Gentlemen, we heard your comments, and as a result, the book now sports a different cover. With the participation of Jean-Pierre Gagnon, general manager of our company, we have adapted all the examples, also modified the cover and spacing for a more enjoyable experience for male readers.



LISE BOURBEAU, an internationally renowned author, has devoted her life to exceeding her limits and sharing her numerous discoveries. She discusses ways on how to go about achieving what most people strive for: joy, peace, serenity, health, and the realization of dreams and aspirations. In order to do this, she reminds readers how important it is to consciously experience what they are feeling inside on a **physical, emotional, mental** and **spiritual** level. The information in this book delves into several concrete and effective ways readers can use to begin or continue their introspection. a lifeline to the Divine.

Finally a self help book especially for men!

Sold over 10 000 copies worldwide!

Format: 350 pages

Published in 2016 ISBN 978-2-920932-74-6

Rights available: All except English, French, Romanian, Russian.



Listen to your body, part 2

Listen to your body - Part 2 is the long-awaited sequel to bestseller Listen to your body, your best friend on Earth (commonly referred to as that famous “little pink book” by her hundreds of thousands of readers) that reached heights of popularity in Quebec unequalled to this day.

Part 2 is the result of the author’s continuing research in the field of personal growth. In it, she shares new insights and guides the reader through the step-by-step application of valuable growth principles designed to lay the foundation on which to build a satisfying and successful life.

The book is comprised of twenty-one chapters, each closing with simple, practical exercises through which the reader is lead easily toward selfknowledge. Ms Bourbeau's fundamental premise is that understanding and knowledge are gained most effectively through personal experience.

In identifying and differentiating between the three primary states of “Having”, “Doing”, and “Being”, the reader achieves a simple clarity that allows a greater personal vision to emerge. From this new perspective, greater horizons are seen.

Once again, Lise Bourbeau, a prolific and beloved author, brings us a breath of fresh air in a user-friendly package.

**No human being has the power to make another person happy,
because happiness comes from inside oneself.**

It is therefore impossible to be happy if we expect our happiness to be provided by someone or something outside ourselves...

Sold over 350 000 copies worldwide!

Format: 360 pages

Published in 1994 ISBN 978-2-920932-13-5

Rights available: all except Czech, English, French, German, Italian, Japanese, Romanian, Russian.

Powerful books loved by millions of readers

Who are you?

The reader who wants to know WHO HE IS will be able to draw a treasury of information from this book.

Thanks to practical examples taken from everyday life, the reader will be amazed to see himself through what he says, thinks, sees, hears or feels. Even observations about the clothes he wears and the place where he lives will teach him about himself.

Moreover, this book describes in detail the significance of the various shapes of the body. More than 250 illnesses and diseases are also explained in their metaphysical sense, thus helping to uncover their underlying causes. The desired result here is selfhealing, improvement in quality of interpersonal communication, and a generally improved sense of well-being.



Sold over 475 000 copies worldwide!

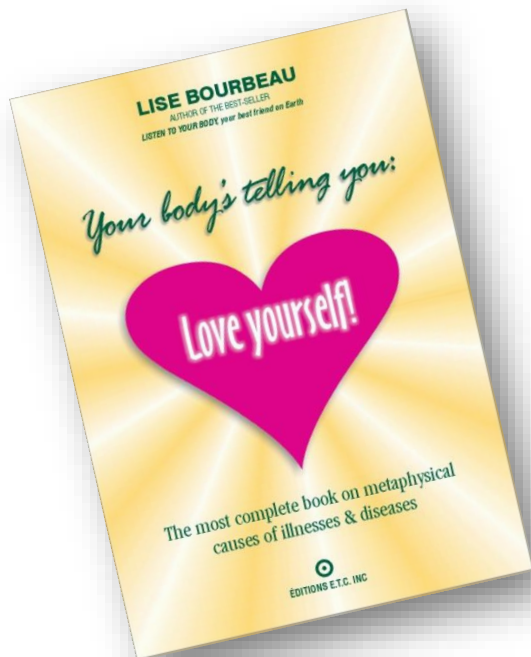
Format: 282 pages

Published in 1988 ISBN 978-2-920932-01-2

Rights available: all except Czech, English, French, German, Greek, Italian, Japanese, Romanian, Russian, Spanish.

Discover yourself through what you say, feel, eat, think, etc.

Powerful books loved by millions of readers



Your body's telling you: Love yourself!

Lise Bourbeau has compiled 20 years of research in the field of metaphysics and its physical manifestations in the body and brought it all to the forefront in this user-friendly reference guide.

She is certain that any physical problem is simply the outward manifestation of disease on psychological and/or emotional levels. The physical body is responding to this imbalance and warning of the need to return to the path of love and harmony.

Cover to cover, the reader discovers a most powerful tool, as he becomes his own healer. The reference material, a comprehensive guide to the causes of over 500 illnesses and diseases, is a succinct and visionary work that is truly and literally a labor of love.

Sold over 800 000 copies worldwide!

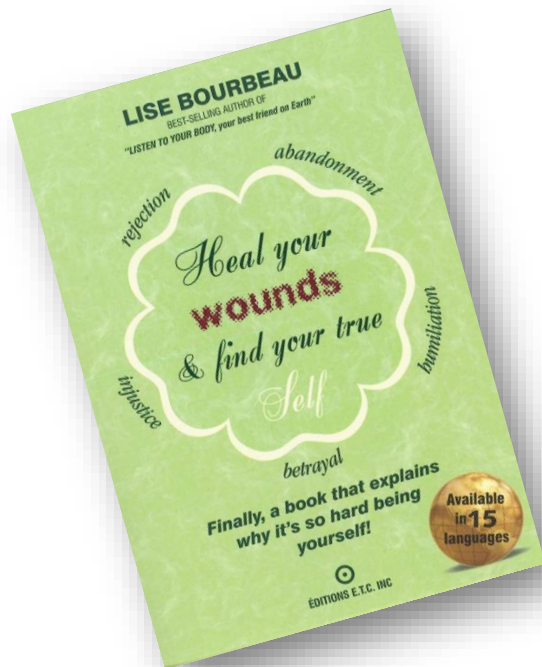
Format: 560 pages

Published in English 1997 ISBN 978-2-920932-17-3

Published new french version in 2012 ISBN 978-2-920932-33-3

Rights available: All except Czech, Dutch, English, Finnish, French, German, Greek, Italian, Japanese, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Spanish, Swedish.

***The best way to find the metaphysical
causes of illnesses & diseases***



Heal your wounds and find your true self

Do you sometimes feel as though you are getting nowhere in your personal agenda? Do problems that you thought resolved seem to keep resurfacing? Perhaps you are simply not using the correct approach.

This book by Lise Bourbeau, just as reliable as those before it, demonstrates that all problems of a physical, emotional or mental order come from five important sources of hurt: rejection, abandonment, humiliation, betrayal and injustice. Thanks to the carefully detailed description of these inner wounds, and the masks that you have designed in order to not see or feel them, you will come to identify the true cause of a certain problem in your life.

These masks will also give you answers concerning extreme skinniness or obesity.

This book will allow you to move along onto the path of recovery which leads to the ultimate desired result: being yourself.

Lise Bourbeau, as always, offers you a practical solution at the end of this book in order to turn your day-to-day problems into stepping-stones toward personal growth and to become aware once more that you are a creative GOD.

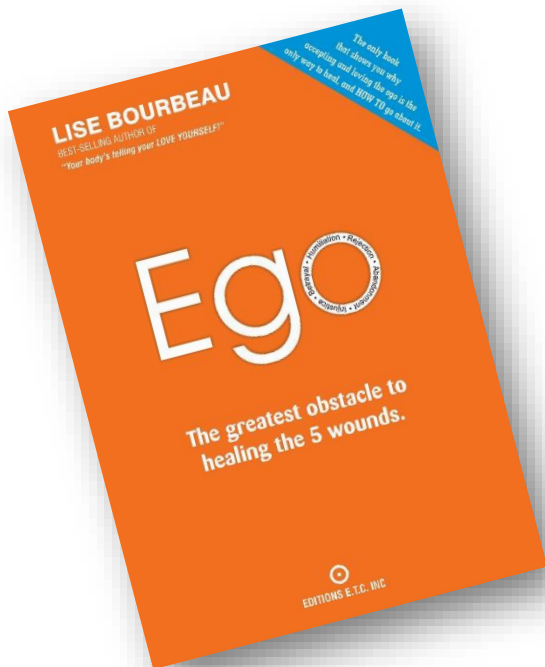
Sold over 1 700 000 copies worldwide!

Format: 224 pages

Published in 2000 ISBN 978-2-920932-18-0

Rights available: All except Chinese for Taiwan, Czech, English, French, German, Greek, Italian, Japanese, Korean, Latvian, Lithuanian, Polish, Portuguese, Portuguese (Brasil), Romanian, Russian, Spanish, Swedish, Turkish.

Remove your masks and be yourself!



EGO - The greatest obstacle to healing the 5 wounds

It is finally here: the long-awaited sequel to Lise Bourbeau's popular book, *Heal your wounds and find your true self*, published in 2000 and still achieving record-breaking sales with translations in 16 languages.

In this volume, with the help of numerous examples, the author shares her abundant professional wisdom and her wealth of personal experience to guide those who are looking for concrete ways to heal their suffering.

Readers will learn to recognize the operating mechanisms of the five wounds and be better able determine when they are being activated. By applying the techniques suggested, they will become aware of the countless occasions when their ego is directing their thoughts, words and actions. A vital condition for healing, this awareness will also help individuals to manifest their soul's essential needs, thus allowing them to connect with their true self and reach inner peace.

Sold over 220 000 copies worldwide!

Format: 267 pages

Published in 2015 ISBN 978-2-920932-68-5

Rights available: All except Czech, English, French, German, Italian, Japanese, Portuguese, Russian, Spanish, Swedish.

Powerful books loved by millions of readers



Healing your five wounds - Card game

Here is a new card game that complements HEAL YOUR WOUNDS AND FIND YOUR TRUE SELF and HEALING YOUR FIVE WOUNDS. Its main objective is to help you put into practice the suggestions made by LISE BOURBEAU to speed up the process of healing wounds.

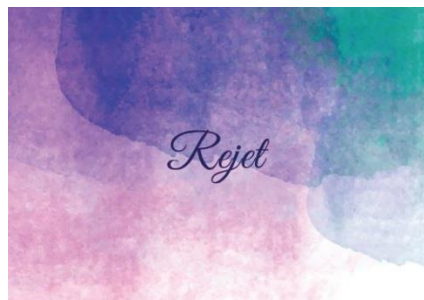
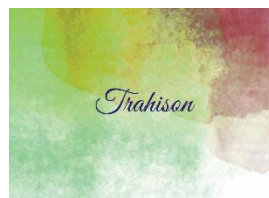
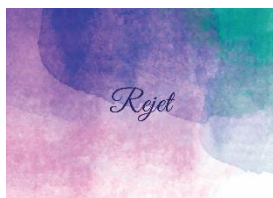
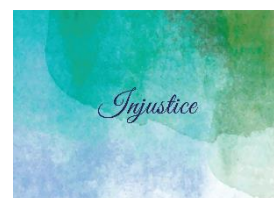
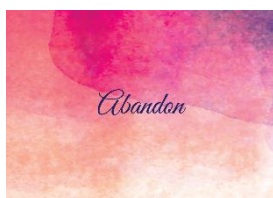
This game contains eleven cards for each of the five wounds. Each day, the user can select one of the cards at random and put the suggestion into practice.

Sold over 19 000 copies in French!

Format: 55 cards + instructions, in a stiff box with a removable cover

Published in 2016 ISBN 978-2-920932-73-9

Rights available: All except English, French, German, Italian, Romanian, Spanish.



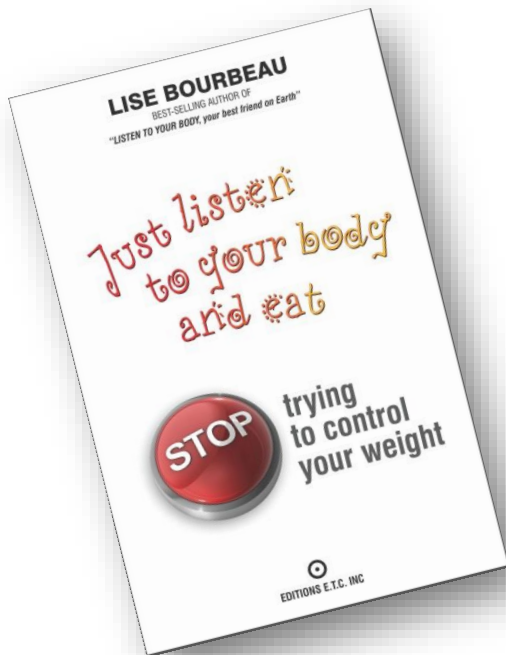
Aujourd'hui,

JE DÉCIDE de dire ce que je veux dire depuis un certain moment à une personne, même si j'ai peur d'être rejeté ou peur que l'autre se sente rejeté.

Si j'en suis incapable au moment de passer à l'action, je me donne le droit d'avoir des limites pour le moment 😊. Surtout, je n'oublie pas ce que je veux dans cette situation en sachant qu'un jour j'y arriverai.



Powerful books loved by millions of readers



Just listen to your body and eat *Stop trying to control your weight*

Did you know that what we eat is among the most frequently discussed subjects in the media and in advertising? The lucrative food book industry is constantly churning out volumes on everything from research to recipes and diets. This book, however, is different. It has nothing in common with them because its goals are to.

... Help you discover that there are six reasons besides hunger that make you want to eat;

... Show you how much you control your food intake and how that can be bad for you;

... Teach you to quickly recognize the emotional wounds that prevent you from eating well;

... Help you love and accept your body, and especially who you are at every moment.

Lise Bourbeau, a world renowned specialist on listening to your body, provides us here with numerous solutions and constructive pathways.

Do you have the impression that you are constantly controlling what you're eating? Were you ever affected by anorexia or bulimia? Can you tell when you are at that critical point where you stop just eating and begin to let yourself go? Are you able to love yourself even if you often lose control of your daily eating habits?

Did you know that you can get to know yourself by observing your eating habits?

This eagerly awaited book offers an entirely new way of looking at your relationship with your food. It reveals the connection between the physical, emotional, mental and spiritual dimensions of the person and can help you, in this way, to discover your own specific needs at any given time.

Sold over 155 000 copies!

Format: 270 pages

Published in 2009 ISBN 978-2-920932-30-2

Rights available: All except Czech, English, French, German, Italian, Japanese, Lithuanian, Portuguese, Romanian, Russian, Spanish.

Cancer - A book of hope

What would you say to having a different view of cancer, that notorious word that has scared — and continues to scare — millions of people every year throughout the world? Why not consider this illness, even with all its devastating effects, as a friend rather than an enemy that one must struggle against?

The way you perceive this word is entirely your responsibility.

This book seeks to present a perception that is new and different from anything that has been written to date. Indeed, Lise Bourbeau uses an unprecedented approach that is based on the thousands of cancer stories she has heard over these last thirty years.

Through this book and the many experiences shared in it, Lise Bourbeau offers you only gentle methods that do not involve struggle, because fighting demands so much energy that it leaves none for anything else.

This book is intended for all those who are affected in one way or another by cancer today, including:

- those who have already had cancer;
- those who have cancer now;
- those who are worried about a friend, relative or family member who has cancer;
- therapists and caregivers who want access to tools for helping their clients or patients;
- and of course, all those who wish to prevent this illness.

Cancer is not an inevitable fate but rather a message aimed at helping you recover happiness and inner peace. Cancer seen this way becomes an opportunity for transformation and for loving yourself.

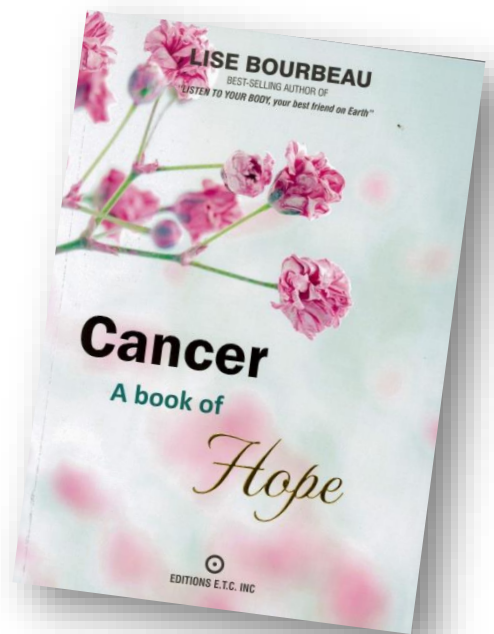
Sold over 30 000 copies!

Format: 251 pages

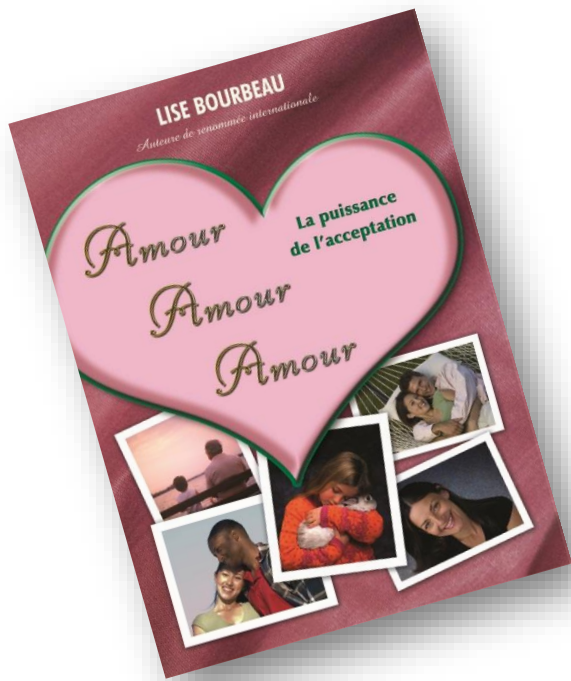
Published in 2015 ISBN 978-2-920932-70-8

French version published 2013 ISBN 978-2-920932-56-2

Rights available: All except Czech, English, French, Italian, Japanese, Romanian, Russian, Spanish (world).



Liberate yourself from the control this word has over you and transform it into a springboard for inner peace.



Love Love Love

What do LOVE and ACCEPTANCE have in common? All of us experience a dozen situations on a daily basis; some are difficult to accept and that, unfortunately, creates conflict, discomfort, and a lack of satisfaction. This book makes the point on the fundamental principles of love and true acceptance.

With the help of real life experiences, the reader will be able to make the difference between ACCEPTANCE, SUBMISSION and UNDERSTANDING. By identifying himself with these experiences, he will recognize the different

facets of love (fraternal love, parental love, intimate love, love among friends, self-love, possessive love, passionate love, transitory love, unconditional love).

Through a variety of methods, the author guides us to accept sickness, death, old age, loss, decisions, physical appearance, weaknesses and difficult relationships... in short, LEARNING TO ACCEPT THE UNACCEPTABLE. The reader will follow the evolution of the characters and the extraordinary benefits that result from this evolution. This unique book will sensitize and support you throughout your life.

Sold over 250 000 copies worldwide!

Format: 350 pages

Published in 2007 ISBN 2-920932-26-5

Rights available: All except English, French, German, Italien, Japanese, Romanian.

***To accept something doesn't mean
to give in or give up!***

The WellBeing guide

This book is a volume of reference for all those who are interested in personal growth and it answers innumerable questions that more and more of people are asking themselves.

It is also a priceless tool for all those who are counselors of some kind.

Here's an example of one of the definitions:

ACCUSATION:

To accuse, we must decide that someone is guilty. An accusation consists of a value judgment passed on a person, a situation or on ourselves because we disagree about something or are reacting to what we consider right and wrong or correct and incorrect. An accusation is always preceded by criticism and judgment whether openly or in our thoughts; i.e., accusing ourselves of weakness, impatience, poverty, lack of selfconfidence, willpower, etc., or accusing others of traits which DISTURB us or affect us emotionally.

As soon as we accuse ourselves or others, we also experience EMOTION which depletes us of our energy. We accuse ourselves or others because we are deeply suffering and refusing to take RESPONSIBILITY. On the other hand, we suffer because we allow our EGO to control our life instead of LOVE. Our hidden fears fuel our accusations -- the fear of not being loved, accepted or validated. When we long to be loved, we don't love ourselves enough and hope others will do it for us.

How can we ever stop accusing? By becoming aware of our FEARS, CRITICISMS, BELIEFS and the deep DESIRES hidden below these fears. Next we must determine whether or not our beliefs are still useful and then act accordingly. If we continue to go against what is beneficial to us, we will keep on accusing ourselves. Realize also that the less we accuse ourselves, the less we will accuse others (and the less they will accuse us)...

Sold over 65 000 copies worldwide!

Format: 680 pages

Published in 2003 ISBN 2-920932-19-5

Rights available: All except Czech, English, French, German, Romanian, Russian.



***The WellBeing guide, a great book to help you better understand and find solutions to the problematic situations in your life.
Be what you want to be!***

WOW, I'm God and so are you

Fully aware of her audacity, Lise Bourbeau has chosen this startling title to publish her autobiography in order to show, through her own progression/ story, the reality of God's presence within oneself.

Dedicated to her own personal growth, the author reveals herself completely. Confident in her own intuition, allowing herself to be guided by her inner God, she takes great risks. Meaning that she thus reveals certain highly intimate aspects of her life- a very risky thing to do. She uncovers many aspects of her family and emotional life, her intimate and sexual relationships, her studies and her career, while acknowledging her financial successes and failures.



In the hope of helping as many people as possible, the author suggests several practical ways for getting back in touch with your inner God and explains how she also can comfortably say... "WOW! I'M GOD and so are you."

Sold over 90 000 copies worldwide!

Format: 330 pages

Published in 1991 ISBN 978-2-920932-05-0

Rights available: All except English, French, Italian, Japanese, Romanian, Russian.

Powerful books loved by millions of readers



You Are Master of the game called Life

Are you among those who believe in coincidences, in chance or bad luck? Are you attracted by games or cards that contain messages? Are you the kind of person who claims that life is a game? And if life was a game, would you take risks?

So many questions that bring an undeniable sense of synchronicity in our lives. Indeed, any form of coincidence, luck or bad luck contains many important messages for us. This book is an innovative concept of the original Listen to your body card game. A pleasant process and easy to apply in everyday life to help you become aware of the signals sent to you.

You will find that whatever the circumstance or how you play the game of your life, you are still the Master.

This book also includes a chapter written by Lise Bourbeau on chance, coincidence and synchronicity.

Sold over 35 000 copies!

Format: 30 pages + 33 laminated pages (99 cards)

Published in 2009 ISBN 978-2-920932-31-9

Rights available: All except English, French, German, Italian, Romanian.

Arissiel

Life after death

This is the touching story of the life of a divorced father who becomes rich and whose life is stopped tragically at 55. In the face of this unjust fate, he blames God for cutting his life short and himself for not having lived his life to the fullest. He painfully discovers what life after death is, until a guide from beyond takes charge of him and helps him to move ahead faster, according to his life plan.

The originality of this first volume in the Arissiel series will help you accept death by understanding that the soul continues to live beyond the death of the physical body. This insight will enable you to better accept the death of your close relations, that is, continue TO LIVE your life serenely in spite of the sudden disappearance of your loved ones.

This story will captivate you by its distinctive style and the finesse with which Lise Bourbeau succeeds in conveying to the reader a philosophy of life based on intelligence and true love rather than on fear, dependence and guilt.

A simple teaching, yet so powerful!

Sold over 20 000 copies!

Format: 520 pages

Published in 2008 ISBN 978-2-920932-29-6

Rights available: all except English, French.

***A captivating story...
... with powerful teachings***





Benani

The power of forgiveness

Though he finds it difficult to accept the principle of reincarnation, Arissiel nevertheless returns to Earth as ARI. Dismayed, he finds himself in the middle of a hectic life filled with challenges and surprises which he finds hard to manage. After being granted a special privilege by his spiritual guide, he develops psychic gifts which allow him to help other people, including his father BENANI. After several years of conflicts with him, will ARI succeed in making peace with his father and thus continue his life plan?

With its many scenes of reconciliation and forgiveness between BENANI and his close relations, this second volume will touch you to the highest degree by encouraging you to reconcile rather than live with resentments, unrealistic expectations and uncontrolled emotions. This will lead to a totally unexpected metamorphosis.

Testimony of a reader

Hi. I have just discovered your books in the Arissiel series and I just love them. Thank you! Learning with these books is easy, because they are relevant to today's real life, even if your characters are fictitious. Bravo! I am eagerly looking forward to reading the third volume and the ones that follow.

Sold over 10 000 copies!

Format: 520 pages

Published in 2008 ISBN 978-2-920932-29-6

Rights available: all except English, French.

***A captivating story...
... with powerful teachings***

Carina

The power to reveal your secrets

Everyone has their secret garden in the deepest recesses of their mind. This third volume in the Arissiel series will keep you on guessing with the adventures of ARI, a young eighteen-year old man who inherits a fortune. Ari is a very gifted individual and he continues to develop his talents incessantly despite his fortune. He strives to help people in difficulty, including his aunt CARINA.

In this novel, you will discover the problems caused by CARINA's secrets, buried in her since her very early childhood. Also, you will realize why it is so important to reveal yourself and be accompanied in this process rather than becoming obsessed with your secrets or trying to hide them.

This book will help you discover concrete and practical means in the art of revealing yourself, while breaking free from the heavy shackles of the past. You will then experience precious reconciliations and sometimes even completely unexpected healings.

Sold over 8 000 copies!

Format: 520 pages

Published in 2008 ISBN 978-2-920932-29-6

Rights available: all except English, French.

***A captivating story...
... with powerful teachings***





Diane

Make peace with the past

This fourth volume of the ARISSIEL series will keep you in suspense once again as you follow young Ari's most recent experiences. He has received special gifts and a large amount of money with which to help those around him. How will he manage to keep his promise of chastity – which he made in exchange for the gifts he received in the other world from his guide Michael? Despite these challenges, he opens a residence that welcomes young people living on the street, helping them become free of their difficult past.

In this story, he especially helps his mother DIANE who finds herself facing several problems. You will discover how becoming reconciled and wanting to live “in love” can produce a series of marvellous events affecting everyone around us. This book also seeks to show you the physical healing that follows spiritual healing, as a result of the liberation from the past that is made possible by reconciliation and forgiveness.

Sold over 4 500 copies!

Format: 560 pages

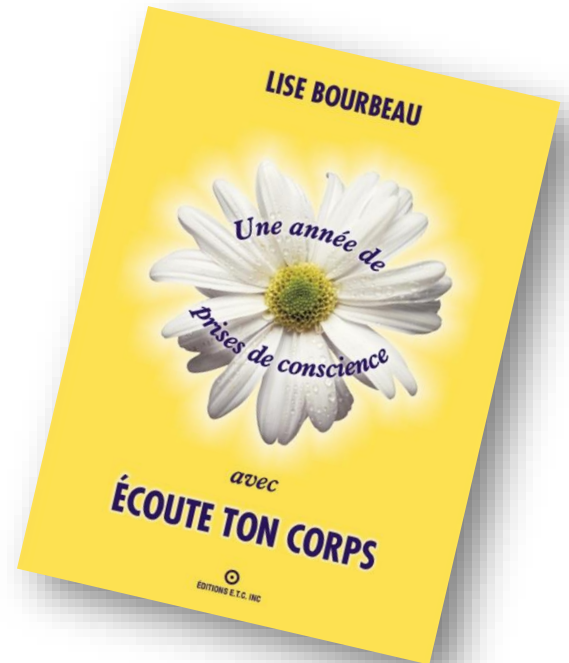
Published in 2012 ISBN 978-2-920932-36-4

Rights available: all except English, French.

***A captivating story...
... with powerful teachings***

52 weeks of awareness with Lise Bourbeau

We know that real awareness can be acquired only through experience. This book offers a path leading deeply within where you will experience your blockages on the physical, emotional and mental planes. For 52 weeks, you'll be confronting yourself daily, answering questions and completing exercises on various themes. Each week you'll discover unknown aspects of yourself that will surprise you and provide real insights into your deepest feelings. These realizations will help you master your life, this being the essence of all Lise Bourbeau's teachings. This book is a powerful tool that will help you transform your life into what you want it to be.



Self knowledge is the path to peace.

Sold over 70 000 copies worldwide!

Format: 448 pages

Published in 2002 ISBN 2-920932-22-5

Rights available: All except English, French, Japanese, Romanian, Russian.

***52 weeks of awareness with Lise Bourbeau
Take a little time each day to learn about yourself***

Powerful books loved by millions of readers

Lise Bourbeau answers your questions about:

Lise Bourbeau answers questions that she received during conferences and workshops that she gave all over the world in the past several years. Here is a sample of questions addressed in these books:

#1. Intimate relationships

- Why am I afraid to get involved in a relationship?
- How can I stop feeling guilty when I leave my spouse at home with the children from time to time in order to see a friend, to shop, or simply to get some air, think about myself?
- I would like to be able to join my husband in the pleasure he feels when we make love. I could easily go without sex. I love him very much. What should I do here? Should I express my feelings to him?

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#2. Responsibility, Commitment, and Guilt

- I am a responsible person and I find it overwhelming to carry such a burden. What can I do in order not to feel guilty when I can no longer do everything?
- How can I be myself without hurting anyone around me?
- If I allow my teenage daughter be out late and she winds up pregnant or using drugs, I am going to feel guilty. What can I do? Am I an over-bearing father?

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#3. Fears and Beliefs

- Where do all of these fears that we feel come from and why do so many people experience them?
- How can I get rid of my agoraphobia?
- My husband is very afraid of not having enough money even though he has a steady job and a wife with a good job. What can I do or say to help him?
- I have been obsessed with my weight since my first pregnancy. The greater my fear of gaining weight, the more weight I put on. What can I do?

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#4. Parent-Child Relationships

- I am not honest with my parents because I do not want to hurt their feelings. What should I do?
- How can I help my 15 year old son who is slacking off in school?
- What should I do with my five year old daughter who always wants to sleep with us? In her own bed, she has nightmares and wakes up for various reasons.

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- When we have unconscious thoughts which bring us problems and failures, how can we turn these around into a successful life from all points of view?
- "How can I stop being afraid that I will never have enough money?"
- I have a great deal of pain at the base of my spine and in the sciatic nerve. I have been told that these illnesses have a connection with money. Is this true?
- How is it that some people seem to get everything they want so easily, while for others it is a long and difficult struggle to obtain the very same things?

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#6. Emotions, feelings, and forgiveness

- I often feel angry. How can I pinpoint the true cause of my anger?
- How can I change my attitude toward my father, who favored my brother over me? How can I stop reliving this rejection with other men in my life?
- I realized that my allergies were coming from hatred and loss of control. How long from the time when I first figured this out can I expect it to be cured?"
- I have difficulty distancing myself from the emotions of others, meaning that I easily feel for others. What can I do about this?

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#7. Sensuality and sexuality

- When a woman no longer feels sexual desire for her husband, does it mean that the love is fading?
- I endured an incestuous relationship with my father from the age of twelve. Today, I don't dare take my son into my arms for a simple affectionate hug. Could he become an incestuous father as well?
- Can a boy of six be affected by the fact that his father refuses to be tender with him, for fear that he might grow up to be gay?

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METC® Collection



A new collection!

The publishing company established by Lise Bourbeau has added to her catalogue a collection of books written by the Listen to Your Body Method graduates.

Healed thanks to the love within me

Follow these 3 steps to overcome any difficulty
By Martine Beaulieu

If you are going through difficulties with your finances, relationships, health or something else in your life and you are wondering why you cannot resolve matters once and for all, this book proposes a new avenue – the Listen to Your Body Method (LYBM). It yields many discoveries and will enable you to be in contact with your own abilities to create and to transform your life with love in your environment.

Each difficulty represents an opportunity to gain insight into the unconscious inner chaos and lack of love of self that lurk within. When we shed light on the origin of the chaos and apply the steps taught to overcome the difficulty, something magical takes place.



Life can appear complicated and difficult depending on how you look at it, but it can also enable you to learn more about yourself.

Biography



Martine Beaulieu worked in a hospital for fifteen years. A trainer and consultant with Listen to Your Body, she has also been trained in communication and leadership.

Having suffered from burnout for a few years, the author describes how she made it through her experience one step at a time thanks to the Listen to Your Body Method. She then noted that it was a gift that life had given her! Like any gift, she had to open it to see what was hiding inside.

At the heart of her suffering caused by the obstacle she believed was insurmountable, she discovered her strengths, including one of the greatest ones: being able to help others get through the challenges facing them.

Format : 192 pages

Dimensions : 5.5" X 7.5" or 140 cm X 190 cm

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In 1987, our publishing company was founded by Lise Bourbeau to bring her first book to the public. Listen to your body, your best friend on earth soon became a reference in the personal growth field beating all sales records in Quebec.

Since then, Lise Bourbeau became an internationally renowned author and lecturer and has written twenty-six best-sellers that have sold more than 6 million copies.

We also publish the books of some of our graduates, which use the Listen to Your Body method.

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