



URVALUES



L'Equilibre à travers la Nutrition & les Valeurs de Vie.



Avec URVALUES trouvez votre équilibre en apprenant à nourrir votre mental, votre corps et votre esprit de manière simple et naturelle.



UN GUIDE COMPLET

Le guide URVALUES vous offre la possibilité d'enfin trouver votre équilibre de vie et de devenir la meilleure version de vous-même. Grâce à mon histoire et à mon expérience, vous apprendrez à correctement nourrir votre corps, votre mental et votre esprit et à acquérir les valeurs de vie.

Le processus de ce nouveau départ sain vous conduira à trouver la santé, la paix et le bonheur.

FOCUS

EXERCISES

- It is important to understand the condition you are in. It is important to take a few moments to focus on your own feelings and thoughts.
- It is the second time that you will be asked to focus on your own feelings and thoughts. This is the first time you will be asked to focus on your own feelings and thoughts.
- You may not see much good in a day. Each day should be a good day for you. You may not see much good in a day.
- It is important to focus on what you have done in the past. It is important to focus on what you have done in the past.
- Only concentrating on what you have done in the past will not help you. You must also focus on what you have done in the future.

DISCUSSION

- "It is important to focus on what you have done in the past. It is important to focus on what you have done in the past."
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JAPANESE OMELET



INGREDIENTS

1/2 cup of egg
1/2 cup of milk
1/2 cup of oil
1/2 cup of butter
1/2 cup of sugar
1/2 cup of salt
1/2 cup of pepper
1/2 cup of onion
1/2 cup of carrot
1/2 cup of mushroom
1/2 cup of tomato
1/2 cup of cucumber
1/2 cup of avocado
1/2 cup of kiwi
1/2 cup of mango
1/2 cup of pineapple
1/2 cup of papaya
1/2 cup of guava
1/2 cup of passion fruit
1/2 cup of dragon fruit
1/2 cup of jackfruit
1/2 cup of breadfruit
1/2 cup of soursop
1/2 cup of mango
1/2 cup of pineapple
1/2 cup of papaya
1/2 cup of guava
1/2 cup of passion fruit
1/2 cup of dragon fruit
1/2 cup of jackfruit
1/2 cup of breadfruit
1/2 cup of soursop

NUTRITIONAL VALUES

Protein: 12g
Carbohydrate: 15g
Fat: 10g



FICHES INCLUSES

Le guide URVALUES contient des fiches pratiques. En plus des explications théoriques et historiques, les modèles inclus offrent des conseils quotidiens, pour vous aider à acquérir chaque étape de votre évolution efficacement et agréablement.

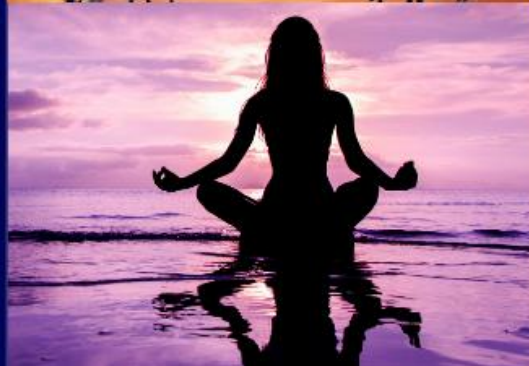
En outre, les 10 recettes détaillées avec des valeurs nutritionnelles et des images vous inspireront à construire des habitudes saines.

EVENEMENTS MENSUELS

URVALUES propose de participer à des événements mensuels et des conférences accessibles à toute personne souhaitant détailler et intensifier l'expérience du guide de vie.

Ensemble, nous échangeons des idées sur l'énergie, les valeurs de vie, l'auto-alimentation et la maîtrise de soi en présence d'invités professionnels internationaux.

Un moment libérateur pour nous tous, menant à la santé, la paix et le bonheur.



SEANCES SUR-MESURE

Pour améliorer et maîtriser vos capacités au maximum, URVALUES permet également de travailler avec des séances de coaching privées en ligne ou en personne.

Chaque cours a une durée d'une heure et est réservable sur le site.

Des conseils exclusifs sur mesure pour vous-même, adaptés à chaque mesure de votre contexte de vie et de vos possibilités. Un voyage agréable et efficace vers votre bien-être.

CONTACTEZ URVALUES

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Avec URVALUES trouvez votre équilibre en apprenant à nourrir votre mental, votre corps et votre âme de manière simple et naturelle.

UN GUIDE COMPLET

Le guide URVALUES vous offre la possibilité d'enfin trouver votre équilibre de vie et de devenir la meilleure version de vous-même. Grâce à mon histoire transmise, aux conseils, aux recettes, aux exercices et aux fiches pratiques, vous apprendrez à correctement nourrir votre corps, votre mental et votre âme et à acquérir les valeurs de vie.

Le processus de ce nouveau départ sain vous conduira à trouver la santé, la paix et le bonheur.



EVENEMENTS ET SESSIONS

URVALUES propose de participer à des événements mensuels intensifiant l'expérience du guide de vie. Ensemble, nous échangeons des idées sur les divers sujets du livre en présence d'invités professionnels internationaux. Les sessions individuelles permettent de développer des solutions précises entièrement adaptées à votre personne et votre situation.

Un moment fédérateur et libérateur pour nous tous.



"URVALUES est le guide que j'aurais aimé avoir durant les épreuves de ma vie."

ANABELLE CARETTE-NOORI
Fondatrice & Auteur de URVALUES



L'association URVALUES EDUCATION propose son aide aux personnes en difficulté, leur permettant d'accéder gratuitement au programme éducatif lors de journées découvertes au sein des différents centres. Chaque être humain mérite de bénéficier des bienfaits de URVALUES."

Découvrez et achetez le guide de vie URVALUES via ce QR code en version papier et numérique.



UN CADEAU POUR VOUS

Pour les moins de 26 ans bénéficiez d'une réduction de 30 pourcent sur toutes les sessions et conférences.

Bénéficiez d'une séance de coaching offerte avec URVALUES grâce au code : **WELCOME2**

ANABELLE CARETTE-NOORI

www.urvalues.com

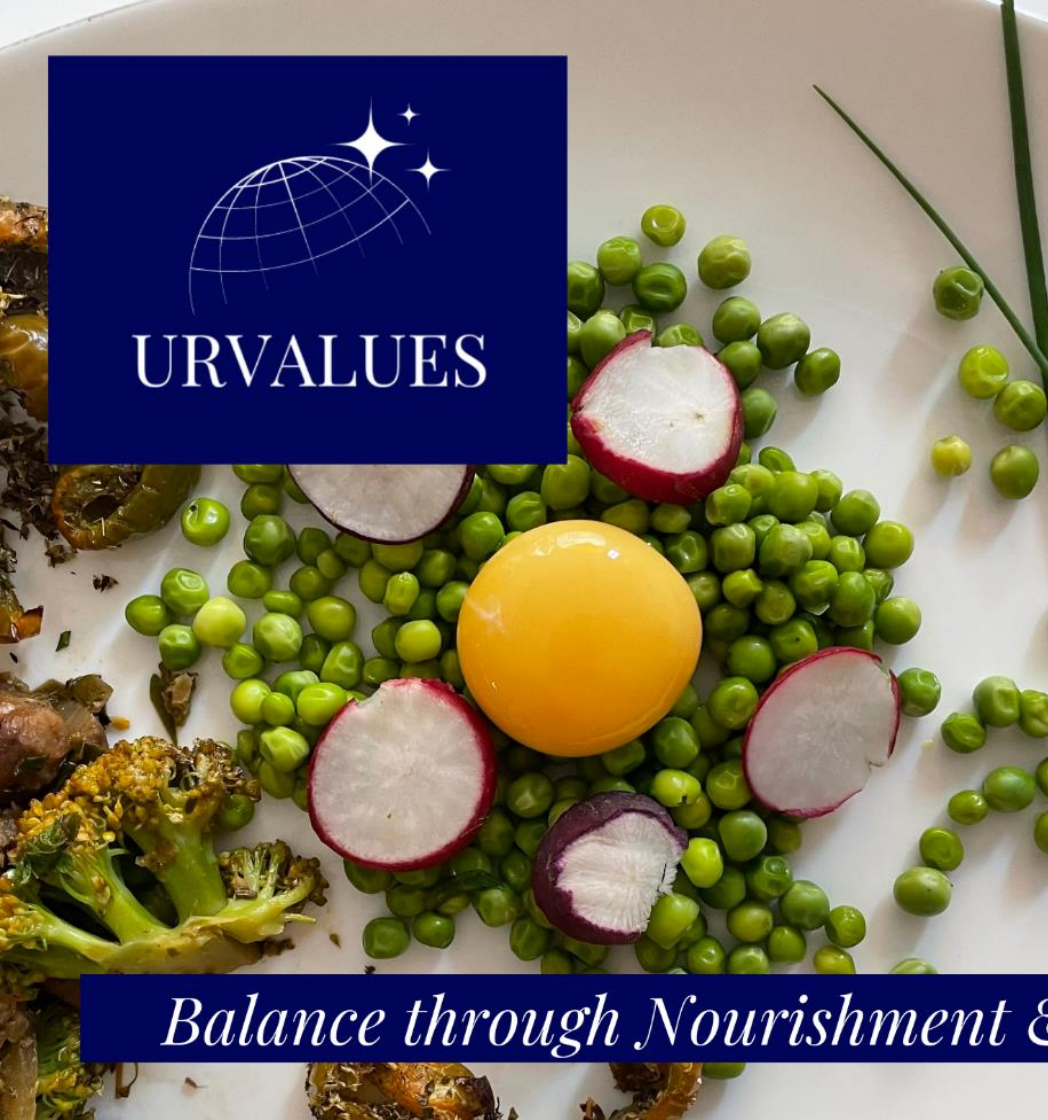


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URVALUES



Balance through Nourishment & Life Values.



With URVALUES find your balance by learning how to nourish your mind, body and soul in simple and natural ways.



A COMPLETE GUIDE

The URVALUES guide offers you the opportunity to finally find your balance in life and become the best version of yourself.

Through my story and experience, you will learn how to properly nourish you body, mind, soul and acquire 10 Life Values.

The process of this healthy new beginning will lead you to finding health, peace and happiness.

FOCUS

EXERCISES

- Do all pieces to focus with a regular meditation practice. With time you'll be able to focus much quicker and have less and less intrusive thoughts.
- It is by accepting and not avoiding your surroundings that you will acquire focus. This is the first filter you learn to meditate. The more you want your thoughts the stronger they will be.
- Visualize one meaningful goal at a time. Each task should be meaningful to you. Choose one step or one subject and give it all you have.
- Listening to classical music. It has been proven to help focus.
- Only surround yourself with things you must focus on. For instance, an instance with fellow students and informative accounts and content in your domain.

← INSPIRATION →

- "The pieces of the mind are like the rays of the sun - when they are once united, they illuminate."
Seneca (Stoic philosopher)
- "Remove your distractions. Find your thoughts."

JAPANESE OMELET



- INGREDIENTS
1 SERVING: 1/2 CUP BRAUN EGG'S portion
THREE EGGS
ONE TSP SHAVED GARD
A PINCH OF SALT & PEPPER
ONE TSP HOT SAUCE
ONE TSP SOY SAUCE
FRESH CINGER
- STEPS
Add soap into the bowl with hot water.
In a pan, stir oil, whisked eggs, salt and pepper, fresh ginger, wait until half cooked. Add next scoured pieces, wait until omelette cooked and serve.

NUTRITIONAL VALUES

Protein: 4g Carbs: 100kcal
Calories: 100kcal
Fat: 10g

ACCEPTANCE SCHEME

Do you have a problem?

Yes

No

→ Then don't worry.

Can you do something about it?

No

INCLUDED TEMPLATES

The URVALUES guide contains practical sheets. Added to the theoretical and historical explanations, the included templates offer daily advice, to help you acquire every step of your evolution efficiently and pleasantly.

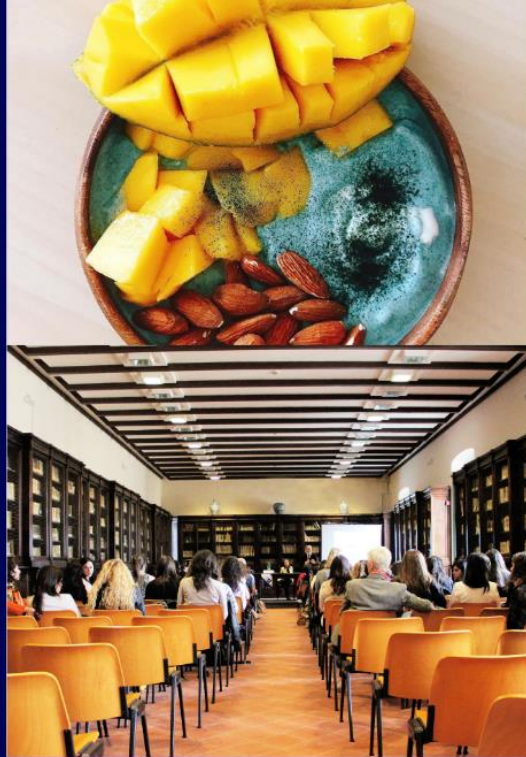
Also, the 10 detailed recipes with nutritional values and pictures will inspire you to build healthy habits.

MONTHLY EVENTS

URVALUES offers to participate in monthly events and conferences accessible to anyone wishing to detail and intensify the life guide experience.

Together, we exchange ideas about energy, Life Values, self nourishment and mastering in the presence of top guests around the globe.

A liberating moment for us all, leading to health, peace and happiness.



TAILOR MADE SESSIONS

To enhance and master your capacities to the maximum, URVALUES also makes it possible to work by online or live private coaching sessions.

Each class has a 1 hour duration and is bookable on the website.

Exclusive advice tailor made for yourself, adapted to every inch of your life context and possibilities.

A guaranteed pleasant and efficient journey towards your wellbeing.

CONTACT INFORMATION

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With URVALUES find your balance by learning to nourish your mind, body and soul in a simple and natural way.

A COMPLETE GUIDE

The URVALUES guide offers you the opportunity to finally find your life balance and become the best version of yourself. Through my transmitted story, tips, recipes, exercises and worksheets, you will learn how to properly nourish your body, mind and soul and acquire the Life Values.

The process of this healthy new beginning will lead you to find health, peace and happiness.



EVENTS AND SESSIONS

URVALUES offers to participate in monthly events intensifying the life guide experience. Together, we exchange ideas on the various topics of the book in the presence of international professional guests. Individual sessions allow you to develop precise solutions that are fully adapted to your person and your situation.

A unifying and liberating moment for all of us.



"URVALUES is the guide I wish I had during tough times."

ANABELLE CARETTE-NOORI
 Founder & Author of URVALUES



The URVALUES EDUCATION charity offers its help to people in difficulty, allowing them to access the educational program free of charge during discovery days in the various centers. Every human being deserves the benefits of URVALUES."

Discover and buy the URVALUES life guide via this QR code in paper and digital version.



A GIFT FOR YOU

If you are less than 26 years old you get a 30 percent discount on all sessions and conferences.

You get a free URVALUES coaching session with the code:
WELCOME2

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