



## ce qui dépend de moi, ce qui ne dépend pas de moi - petites leçons de sagesse

By Godart, Elsa

ALBIN MICHEL, 2011. Paperback. Book Condition: NEUF. Il n'est pas facile de lire en soi, et l'on finit par subir au quotidien les difficultés, sans en avoir réellement conscience et sans savoir comment agir sur elles. Comment parvenir à nous éloigner de cette fatalité aveugle qui nous conduit à subir notre vie, plutôt qu'à la choisir ? A trouver en nous-mêmes et par nous-mêmes des réponses concrètes à nos malaises, à nos peurs, à nos doutes, à nos angoisses du quotidien ? En s'appuyant sur de nombreuses histoires très concrètes, Elsa Godart invite le lecteur à appliquer les nombreux conseils des stoïciens, fondateurs du " thérapeutique " et qui apparaissent comme les pionniers du développement personnel. Ils fondent une sagesse du bien-être, applicable ici et maintenant, pour lutter contre toute angoisse ou tout mal-être. Adapter et actualiser leurs réflexions, sans en perdre la justesse et la profondeur est le pari de ce livre, qui mêle pensée ancienne et pratique contemporaine. Parce que le bien-être devient une exigence sociale aussi importante que le fait de gagner de l'argent ou celui de réussir sa vie familiale ; Parce que notre époque nous a tant éloigné de nous-mêmes ; parce qu'enfin, la recherche du bonheur est la...



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