



Plaidoyer pour le Bonheur

Matthieu Ricard

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Après le succès du *Moine et le Philosophe*, un vrai traité du bonheur et un guide précieux et convaincant pour nos individualismes en mal de repères...

Nous aspirons tous au bonheur. Mais comment le définir, le trouver, le retenir ? À cette question, souvent traitée avec cynisme ou naïveté par la pensée occidentale, Matthieu Ricard offre la réponse du bouddhisme, exigeante, apaisante, optimiste et accessible à tous. En apprenant à chercher le bonheur non à l'extérieur de nous, mais en nous, sans se focaliser sur notre personne, et en pratiquant une approche plus méditative et altruiste du monde, il devient saisissable...

Riche de sa double culture et de son expérience de moine, de rencontres avec de grands sages et de sa connaissance des textes sacrés, mais aussi de son expérience de la souffrance des hommes, l'ambassadeur du bouddhisme le plus populaire en France propose ici une réflexion prenante sur le bonheur authentique et les moyens de l'atteindre.

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Shelia Coggins:

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Jonathan Woods:

Reading a guide tends to be new life style with this era globalization. With reading through you can get a lot of information which will give you benefit in your life. Having book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or perhaps their experience. Not only the storyplot that share in the ebooks. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors nowadays always try to improve their talent in writing, they also doing some research before they write on their book. One of them is this Plaidoyer pour le Bonheur.

Douglas Ayer:

A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a reserve. The book Plaidoyer pour le Bonheur it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to bring this book you can buy typically the e-book. You can m0ore easily to read this book out of your smart phone. The price is not too costly but this book has high quality.

Jean Taylor:

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