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Lire des ebooks **Comment je suis devenu 10% plus heureux Dan Harris PDF, ePub, mobi, Être un peu plus zen, c'est déjà beaucoup. Et c'est faisable.** Dan Harris, c'est Candide au pays du développement personnel. Présentateur télé, stressé chronique, sceptique systématique, rien ne le prédisposait à s'intéresser au développement personnel ou à la spiritualité. Mais son patron l'envoie enquêter sur les stars du développement personnel. Le voici rencontrant les stars du développement personnel, de Deepak Chopra à Eckhart Tolle, en passant par les télé-évangélistes, avec un regard toujours curieux, parfois narquois, et très souvent amusé. Mais, entre les propositions les plus ésotériques, et celles carrément loufoques qui promettent le bonheur à 100%, n'y a-t-il pas moyen, pour un esprit cartésien, de devenir - et c'est déjà beaucoup - 10% plus heureux ?

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