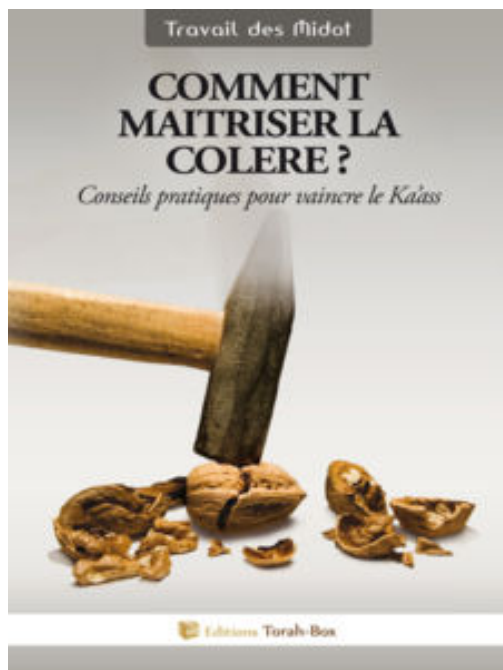


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Lire des ebooks Comment maîtriser la colère ? Editions Torah-Box PDF, ePub, mobi, "Quand l'homme se met en colère, l'âme qui est en lui le quitte et est remplacée par un souffle dévastateur"

Le lecteur découvrira dans ce premier livre de la série "Travail des Midot", un univers de sagesse tiré de la Torah et de nos Sages qui enseignent à l'homme comment contrôler ses émotions et mener une vie profitable dans son couple, avec ses enfants, et tout son entourage :

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- Comment réagir lorsque rien ne va ?
- Que faire si l'on est colérique ?
- Y a-t-il une "bonne colère" ?

Histoires vécues, lois, exégèses et conseils pratiques à appliquer au quotidien...

APPROBATIONS & BENEDICTIONS :

- Rav Ovadia YOSSEF
- Rabbi David ABI'HSSIRA
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