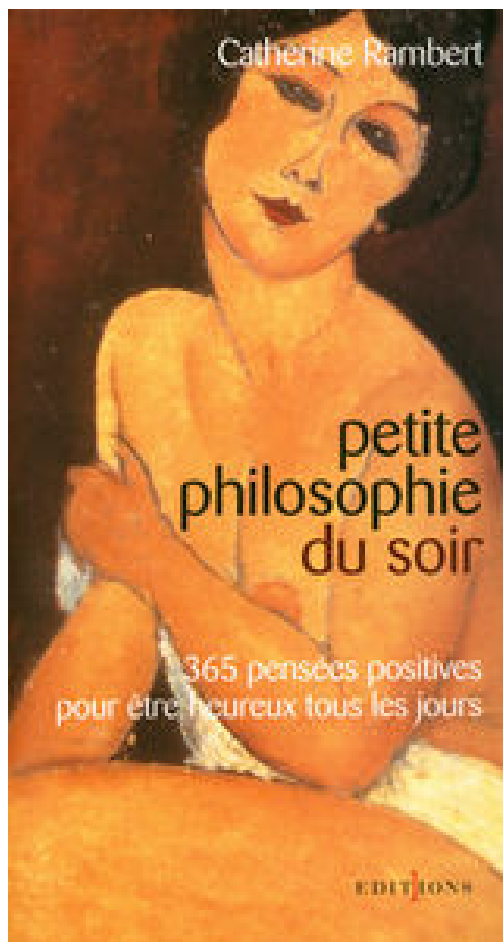


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Lire des ebooks Petite philosophie du soir Catherine Rambert PDF, ePub, mobi, Quel bilan tirer de la journée qui vient de s'écouler ? A-t-elle été aussi bonne qu'on le pensait ? Comment ne plus répéter le lendemain les erreurs du jour ? A-t-on mis tous les atouts de son côté pour atteindre ses objectifs ? N'avons-nous pas gâché des chances et des occasions par notre attitude ou par manque de recul, et, si oui, comment y remédier ?

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Conseils, résolutions, exercices pratiques, petites phrases à méditer, *Petite philosophie du soir* recèle 365 pensées (une par soir !) qui, si elles sont appliquées, assurent une existence plus sereine et plus épanouie. Un livre tonique et positif !

Catherine Rambert est l'auteur de Petite Philosophie du matin et du Livre de la sérénité (Editions 1). Elle est également journaliste et scénariste.

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