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Matthieu
Ricard
Plaidoyer
pour le bonheur



Lire des ebooks Plaidoyer pour le bonheur Matthieu Ricard PDF, ePub, mobi, Après le succès du *Moine et le Philosophe*, un véritable traité du bonheur mais aussi un guide précieux et convaincant pour nos individualismes en mal de repères

Nous aspirons tous au bonheur, mais comment le trouver, le retenir et même le définir? À cette question philosophique par excellence, traitée entre pessimisme et raillerie par la pensée occidentale, Matthieu Ricard apporte la réponse du bouddhisme: une réponse exigeante mais apaisante, optimiste et accessible à tous. Cesser de chercher à tout prix le bonheur à l'extérieur de nous, apprendre à regarder en nous-mêmes mais à nous regarder un peu moins nous-mêmes, nous familiariser avec une approche à la fois plus méditative et plus altruiste du monde... Riche de sa double culture, de son expérience de moine, de sa fréquentation des plus grands sages, de sa connaissance des textes sacrés aussi bien que de la souffrance des hommes, l'ambassadeur le plus populaire et le plus reconnu du bouddhisme en France nous propose une réflexion passionnante sur le chemin du bonheur authentique

et les moyens de l'atteindre.

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