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Un récit construit de manière poétique et initiatique, composé d'histoires, de pensées, de témoignages et de textes qui racontent l'enthousiasme comme moteur de vie à tout âge.

Une réalité démontrée par les neurosciences. L'analyse d'André Stern se fonde notamment sur les recherches du Professeur Gerald Hüther, chercheur en neurobiologie.

Un message porteur de changement. La lecture de ce livre vous aide à libérer votre force intérieure, à revoir l'échelle de vos priorités et à trouver l'élan de votre accomplissement.

Avec les contributions de nombreuses personnalités :

Richard Bach, l'auteur de *Jonathan Livingston le goéland*, **Joël de Rosnay**, chercheur et auteur, Jean-François Bernardini, chanteur du groupe *I Muvrini*, **Arno Stern**, pédagogue et chercheur, **Jocelyn Dunn**, astronaute, **Satish Kumar**, penseur, ainsi que **Aleksander Baj**, **Benoît Le Goëdec**, **Michèle Stern** et **Pauline Stern**.

Biographie de l'auteur

André Stern est auteur et conférencier. Il participe à de nombreux ateliers en entreprise, auprès des professionnels de l'éducation et du grand public.

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