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Lire des ebooks Trouver son Ikigai Christie Vanbremeersch PDF, ePub, mobi, Partez à la recherche de ce qui vous passionne !

L'ikigai, c'est " la raison de se lever le matin " pour les habitants d'Okinawa au Japon, célèbres pour leur longévité, leur bonne santé et leur joie de vivre. C'est la jonction parfaite entre aptitudes, goûts, sens et nécessités.

Vous désirez ardemment trouver le vôtre ?

Cet ouvrage vous invite à vous poser les bonnes questions : qu'est-ce qui vous rend curieux ? Qu'est-ce qui vous rend jaloux ? Quelle est votre zone de brillance ? Quel est votre style ? Quelles activités vous ressourcent ?

Un voyage au coeur de vous-même, émaillé d'histoires, de pistes pratiques et de propositions d'actions simples et concrètes. Il est également nourri d'interviews de personnes ayant trouvé leur ikigai : elles vous offrent le récit de leurs parcours et leurs plus précieux conseils pour trouver ce qui

vous rendra heureux de vous lever chaque matin.

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