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In Search of Wisdom S'estimer et s'oublier Matthieu Ricard Christophe Andr

In Search of Wisdom S'estimer et s'oublier *Matthieu Ricard Christophe Andr*

in search of wisdom is a book born of the friendship of three gifted teachers exploring the universal human journey and our quest for meaning and understanding this translation of the french bestseller brings readers an intimate insightful and wide ranging conversation between buddhist monk and author matthieu ricard philosopher alexandre jollien and psychiatrist christophe andr join these three luminaries as they share their views on how we uncover our deepest aspirations in life the nature of the ego living with the full range of human emotion the art of listening the temple of the body the origin of suffering the joy of altruism true freedom and much more we don t pretend to be experts on the subject matter or models in accomplishing the work or overcoming the obstacles involved in it they write we are only travelers in search of wisdom aware that the path is long and arduous and that we have so much still to discover to clarify and to assimilate through practice our dearest wish is that when you cast your eyes on these pages you will discover subjects for reflection to inspire you and brighten the light of your life in search of wisdom highlights discovering our deepest aspirations the ego friend or impostor learning to live with the full spectrum of our emotions the art of listening the body burden or idol suffering and its origins the joy of altruism the school of simplicity guilt and forgiveness true freedom daily practice

l estime de soi c est comment on se voit comment on se juge mais aussi et surtout comment on se traite construire une bonne estime de soi c est faire preuve d exigence et de bienveillance son gard cette attitude nous aidera mieux vivre traverser intelligemment bonheurs et adversits et nous oublier pour nous tourner tranquillement vers plus intressant encore que nous mme les autres le monde la vie car l estime de soi n est pas le but elle est le chemin vers une prsence au monde ouverte sereine et panouie un livre de chevet lire et relire pour trouver le bon usage de l estime de soi et son juste quilibre pour devenir bienveillant avec soi mme puis s oublier enfin et mieux s ouvrir au monde christophe andr psychiatre ancien praticien l hpital sainte anne paris est un auteur lu et reconnu dans le

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