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Read DanShaRi, L'art du rangement Hideko Yamashita le livre en ligne PDF EPUB mobi, Hideko Yamashita propose une approche inédite du rangement : pionnière dans le domaine et célèbre dans toute l'Asie, sa méthode DanShaRi se veut à la fois pratique, philosophique et spirituelle. Bien plus qu'un manuel de rangement, DanShaRi - qui signifie refuser, jeter, se détacher - nous initie à un nouvel art de vivre. Enrichi de nombreux schémas, exemples et cas concrets, DanShaRi nous aide à modifier en profondeur notre rapport aux objets, et à trouver la juste distance avec le monde matériel. Une prise de conscience synonyme de liberté, de joie et de réappropriation de soi.

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