

Read Du Bonheur Le Livre En Ligne PDF EPUB Mobi- Frédéric Lenoir

FRÉDÉRIC
LENOIR
Du bonheur
un voyage philosophique



Read Du bonheur Frédéric Lenoir le livre en ligne PDF EPUB mobi, Qu'entendons-nous par « bonheur » ? Dépend-il de nos gènes, de la chance, de notre sensibilité ? Est-ce un état durable ou une suite de plaisirs fugaces ? N'est-il que subjectif ? Faut-il le rechercher ? Peut-on le cultiver ? Souffrance et bonheur peuvent-ils coexister ? Pour tenter de répondre à ces questions, Frédéric Lenoir propose un voyage philosophique, joyeux et plein de saveurs. Une promenade stimulante en compagnie des grands sages d'Orient et d'Occident. Où l'on traversera le jardin des plaisirs avec Epicure. Où l'on entendra raisonner le rire de Montaigne et de Tchouang-tseu. Où l'on croisera le sourire paisible du Bouddha et d'Epictète. Où l'on goûtera à la joie de Spinoza et d'Etty Hillesum. Un cheminement vivant, ponctué d'exemples concrets et des dernières découvertes des neurosciences, pour nous aider à vivre mieux.

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