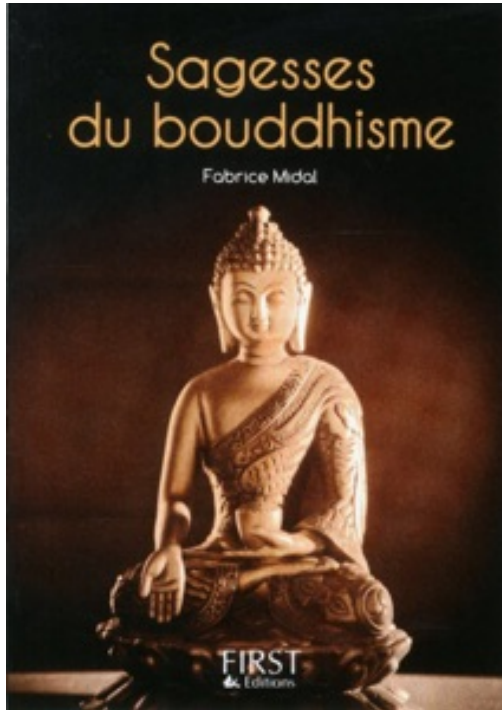


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Après une brève présentation du bouddhisme (Qu'est-ce que le bouddhisme? Est-ce une religion ou une philosophie? Qu'est-ce que la méditation? Comment méditer?), ce petit livre propose d'entrer dans l'ici et maintenant à la rencontre des plus belles méditations bouddhistes. Il se présente comme une anthologie éclectique, positive et lyrique des paroles du bouddhisme. Au programme, de belles citations pour voir la réalité en face, trouver le chemin éthique de la conduite jésuite, atteindre la paix de l'esprit, trouver le sens véritable du bonheur et ouvrir son cœur.

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