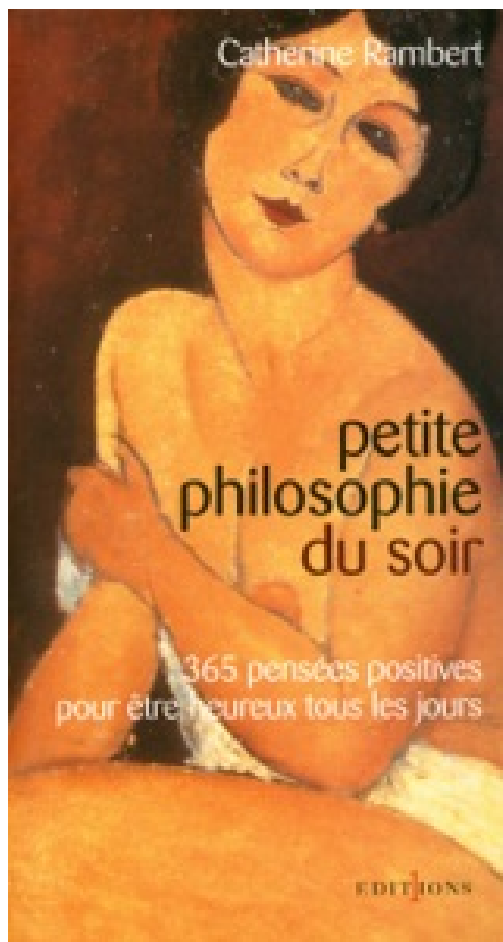


Read Petite Philosophie Du Soir Le Livre En Ligne PDF EPUB Mobi- Catherine Rambert



Read Petite philosophie du soir Catherine Rambert le livre en ligne PDF EPUB mobi, Quel bilan tirer de la journée qui vient de s'écouler ? A-t-elle été aussi bonne qu'on le pensait ? Comment ne plus répéter le lendemain les erreurs du jour ? A-t-on mis tous les atouts de son côté pour atteindre ses objectifs ? N'avons-nous pas gâché des chances et des occasions par notre attitude ou par manque de recul, et, si oui, comment y remédier ?

Petite philosophie du soir rassemble des conseils et des petites stratégies à méditer au terme de la journée afin de passer en revue nos actes, ceux que l'on a réussis et ceux que l'on a ratés, et d'en tirer des leçons pour l'avenir. Car tout ce qui nous arrive « a un sens et est utile », rappellent les stoïciens. Et quel meilleur moment que le soir pour réfléchir, faire le bilan des heures qui viennent de s'écouler et prendre des résolutions toutes simples pour l'avenir ?

Conseils, résolutions, exercices pratiques, petites phrases à méditer, *Petite philosophie du soir* recèle 365 pensées (une par soir !) qui, si elles sont appliquées, assurent une existence plus sereine et plus épanouie. Un livre tonique et positif !

Catherine Rambert est l'auteur de Petite Philosophie du matin et du Livre de la sérénité (Editions 1). Elle est également journaliste et scénariste.

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