

The background of the book cover is white, adorned with numerous overlapping circles in four colors: light green, light blue, light yellow, and light pink. Each of these larger circles is filled with a pattern of smaller dots in a darker shade of the same color. The dots are arranged in a somewhat random, organic pattern, reminiscent of a bubble or a microscopic view.

Érik Pigani  
Préface de Mathieu Ricard

# L'art zen du temps

TEXTE INTÉGRAL

les petits collectors **marabout**

# Lart Zen Du Temps Santeacute Bienecircetre

**Erik Pigani**



## **L'art Zen Du Temps S'acclimate Bien à la Circulation:**

*L'art zen du temps* Erik Pigani, 2005-03-16 Peut-on encore apprendre à s'organiser comme on le faisait il y a dix ou vingt ans ? Non car les temps ont changé. Aujourd'hui plus rien ne semble prévisible. De plus en plus nous vivons au jour le jour. Erik Pigani propose une méthode originale pour apprendre à gérer son temps autrement. Inspirée par la philosophie Zen et notamment son concept de l'ici et maintenant, les tests, exercices, réflexions et conseils rassemblés dans cet ouvrage permettront chacun de découvrir un autre rapport à la temporalité, une approche en adéquation avec la nature humaine et qui n'enferme pas l'individu dans un schéma prétabli.

**L'art zen du temps** Erik Pigani, 2005

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