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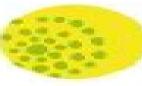


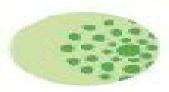


L'art zen du temps

TEXTE INTÉGRAL















<u>Lart Zen Du Temps Santeacute Bienecirctre</u>

Erik Pigani

Lart Zen Du Temps Santeacute Bienecirctre:

L'art zen du temps Erik Pigani,2005-03-16 Peut on encore apprendre s organiser comme on le faisait il y a dix ou vingt ans Non car les temps ont chang Aujourd hui plus rien ne semble pr visible De plus en plus nous vivons au jour le jour Erik Pigani propose une m thode originale pour apprendre g rer son temps autrement Inspir s par la philosophie Zen et notamment son concept de l ici et maintenant les tests exercices r flexions et conseils rassembl s dans cet ouvrage permettront chacun de d couvrir un autre rapport la temporalit une approche en ad quation avec la nature humaine et qui n enferme pas l individu dans un sch ma pr tabli L'art zen du temps Erik Pigani,2005

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