



Érik Pigani
Préface de Mathieu Ricard

L'art zen du temps

TEXTE INTÉGRAL

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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.

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