

ERIK PIGANI

L'ART ZEN DU TEMPS

Mieux gérer sa vie en ralentissant



PRESSES DU CHÂTELET

Lart Zen Du Temps Santeacute Bienecircetre

Erik Pigani



L'art Zen Du Temps S'acquiesce Bien

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.

Decoding **Lart Zen Du Temps Santeacute Bienecircetre**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Lart Zen Du Temps Santeacute Bienecircetre**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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