



## vieillir en pleine conscience

By Das, Ram

RELIE, 2015. Paperback. Condition: NEUF. En Occident prévaut le mythe de la jeunesse éternelle. Vieillir est une source de souffrance, un sujet tabou. Or la vieillesse peut être source de progression personnelle. Ram Dass montre dans ce livre, qu'il a écrit à soixante ans, que les épreuves de la maladie et les désagréments liés à l'âge peuvent contribuer à notre guérison spirituelle à condition que nous acceptions d'apprendre à voir, et à se voir, autrement. Métamorphosons notre conscience et nos activités pour faire de ce "golden age", un âge d'or utile aux autres. D'abord connu aux États-Unis sous le nom de Dr Richard Alpert, professeur de psychologie à Harvard, Ram Dass fut avec le Dr Timothy Leary, une figure marquante du mouvement psychédélique. Il découvre la sagesse de l'Inde et l'intérêt des soins palliatifs. Dévoué aux victimes du Sida et aux déshérités de New York, il crée alors la Seva Foundation.- Un livre clé pour le troisième âge et au-delà.- Un propos lumineux sur un sujet tabou : la vieillesse et le courage de bien vieillir.- Humour, bon sens et sagesse se mêlent sans cesse dans son propos - Nombre de page(s) : 140 - Poids : 195g - Genre :...

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