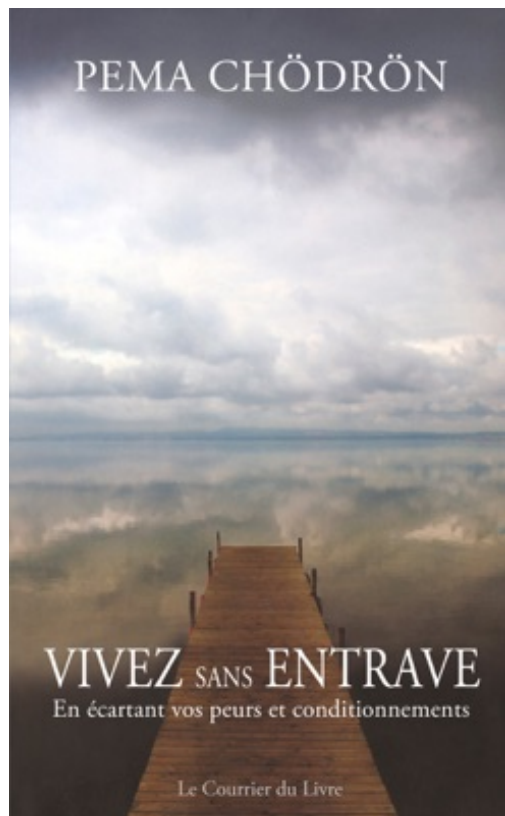


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À cette époque où les mutations s'effectuent à un rythme de plus en plus accéléré, l'homme moderne a perdu ses repères. Nous avançons le plus souvent masqués, dominés par un ego arrogant et des habitudes auxquelles nous nous accrochons désespérément. Avec l'optimisme et la bienveillance que nous lui connaissons, Pema Chödrön nous invite à sortir de l'ornière de nos peurs et habitudes, des pièges dans lesquels les schémas paralysants nous emprisonnent, pour accéder à une vie sans entrave, authentique.

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