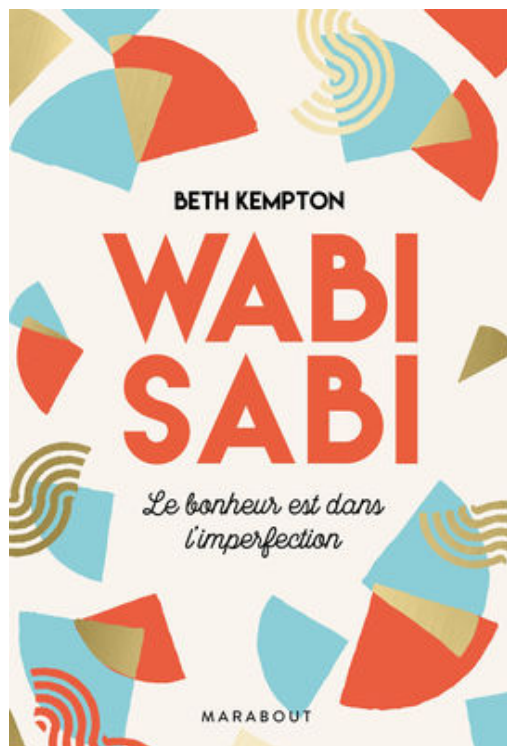


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Et si on arrêta de se rendre malade à vouloir trop en faire, à se comparer constamment, à être trop exigeant envers soi-même ? Stoppons la course à la perfection en appliquant les principes du wabi sabi ! Car c'est justement dans l'imperfection que l'on pourra trouver le bonheur. Dans la culture zen japonaise, le wabi sabi est l'art d'apprécier la patine laissée par le temps et prône le retour à la simplicité et la reconnexion à la nature. Il nous apprend à nous accepter tels que nous sommes avec bienveillance, à apprécier la beauté et la joie autour de nous . Il nous donne les outils nécessaires pour échapper à l'agitation et aux pressions matérielles de la vie moderne, afin de nous permettre de nous contenter de moins, et donner plus de sens à notre vie.

<b>Title</b>	:	Wabi-Sabi
<b>Author</b>	:	Beth Kempton
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