

SYLVAIN MENÉTREY - STÉPHANE SZERMAN

SLOW ATTITUDE !

Oser ralentir pour mieux vivre



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J Ma



Slow Attitude Oser Ralentir Pour Mieux Vivre Hors Collection:

Slow attitude ! Sylvain Menétrey, Stéphane Szerman, 2013 La course de l'homme press nous atteint quasiment tous Faut-il pour autant aller toujours plus vite Depuis une vingtaine d'années différents mouvements regroupés sous l'étiquette slow militent au contraire pour lever le pied et avoir le droit de choisir leur propre rythme de vie utiliser le temps d'une manière plus authentique plus proche de leurs besoins réels privilégier la qualité la quantité Cet ouvrage nous invite à couvrir tous ces mouvements pro lenteurs Slow Food Slow Tourisme Slow Sexe Slow Money qui proposent un nouvel art de bien vivre ensemble un rapport différent soi-même aux autres et au monde qui nous entoure plus thick et soucieux de la liberté de tous

Ralentir pour mieux vivre dans ce monde qui s'emballe Laurence Roux-Fouillet, 2014-10-22 Aujourd'hui on nous présente comme une évidence que tout s'accélère Toujours plus et toujours plus vite sont les maîtres mots de nos actions de nos comportements et de nos achats Notre société semble souffrir d'une frénésie qui la pousse à la rapidité au zapping à l'accumulation Pourtant la rapidité nous puise autant qu'elle use nos relations et notre environnement Chacun doit retrouver son rythme propre qui donnera plus de sens à sa vie La notion de ralentissement peut se concevoir non seulement dans le temps aller moins vite mais aussi plus globalement dans l'attitude freiner en faire moins mais mieux se débarrasser des fausses urgences Vous pouvez agir sur ces deux leviers pour améliorer votre qualité de vie Pour vous permettre de trouver le bon rythme ce livre vous propose une réflexion motivante autour de la slow attitude amorce des prises de conscience pour moins de stress quotidien vous oriente vers des choix de vie plus tenables et plus agréables présente des exercices simples et efficaces pour décrocher Il est temps de lever le pied et de voir les choses différemment *15 clés pour ralentir* Richard Essel, 2017-11-13 Face au stress et à l'urgence chacun réagit selon ses moyens et son contexte de vie Ralentir est pourtant une manière d'améliorer sa propre existence mais aussi de participer à un mouvement social international Vivre avec lenteur c'est apprendre distinguer l'important de l'urgent l'essentiel de l'accessoire terminer ses priorités créer marcher effectuer des retraites spirituelles aimer et donner Ce livre nous apprend la bonne prise pour vivre en pleine conscience grâce à des outils précieux méditation relaxation effacement des pensées parasites etc Ces clés pour ralentir vont vous changer la vie **Ralentir** Laurence Roux-Fouillet, 2016-03-02 Il est urgent de ralentir Aujourd'hui on nous présente comme une évidence que tout s'accélère Toujours plus et toujours plus vite sont les maîtres mots de nos actions de nos comportements et de nos achats Notre société semble souffrir d'une frénésie qui la pousse à la rapidité au zapping à l'accumulation et cela nous puise Il est temps de lever le pied et de trouver le bon rythme

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