



Date : 18/01/2024

Pages : 207

Format cm : 14 x 22

Prix : 16.9

EAN : 9782416010699

## Patience: An Inner Generosity

Giving Yourself Time from Day to Day

---

Author: Helen Monnet

Publisher : Eyrolles

Category : Humanities and Non-Fiction

Genres : Essay - Psychology/Psychoanalysis

Keywords : Mental - Psychology - Ethical

---

What if patience had the power to make us more generous?

Cultivating patience in everyday life has become, more than ever in our society, a lost art. In a world ruled by acceleration in which many humans demonstrate a constant need for immediacy, we have forgotten how to fully explore a long view of time as well as the present moment. Through a prism that is both psychological and ethical, Helen Monnet shares with us a veritable guide to being patient, in order to lead more serene daily lives.

---