BOOKS

HELEN MONNET

Préface de Matthieu Ricard « Un passionnant panorama sur cette vertu cardinale qu'est la patience »

La patience, une générosité intérieure

> S'offrir du temps au jour le jour

> > ROLLES

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Patience: An Inner Generosity

Giving Yourself Time from Day to Day

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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.