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The Spirit of Elegance

Resisting the Vulgarly of the World

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Spiritual elegance, a way of life to counteract the harmful effects of materialism and individualism.

In a society dominated by consumerism and individualism, Catherine Ternynck offers a thoughtful reflection on elegance, understood not merely as an esthetic quality but as a true art of living. She presents it as an aspiration toward greater freedom, depth, and meaning, and as a form of spiritual resistance to vulgarity and the growing violence of human relationships. This accessible, non-confessional essay invites readers to rethink how we exist and relate to others in the contemporary world.
