



Changer d'altitude (Essais - Documents) (French Edition)

Bertrand Piccard

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Pris dans les turbulences de la vie, nous cherchons tous notre chemin vers la réussite, l'équilibre, le bonheur, la sagesse. Mais développons-nous les bons outils pour y parvenir ? Bertrand Piccard combine son expérience d'explorateur et de médecinpsychiatre, spécialisé en hypnose, pour nous proposer des solutions originales, déconcertantes parfois, à mettre en pratique. Dans ce livre accessible à tous, il prend le parti de la curiosité et de la remise en question pour aborder sous un angle concret des thèmes comme la peur de l'inconnu, les crises de l'existence, les relations humaines, la spiritualité. Comment utiliser les doutes et les points d'interrogation pour stimuler notre performance, découvrir les bienfaits de l'hypnose, tirer profit des épreuves et dépasser la souffrance, élargir notre compréhension de l'existence ?

Faisant confiance à la faculté d'évolution de son lecteur, l'auteur chemine à ses côtés sur le sentier du « mieux-être ». Avec soi, avec les autres, avec le monde. Et délivre quelques clés pour démontrer que l'on peut faire autrement dans sa vie, y compris dans le secret de nos consciences, au plus profond de nos âmes.

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