

Elif shafak soufi mon amour (PDF)

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 L'architecte du sultan The Architect's Apprentice Young Turk The Flea Palace
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Soufi, mon amour 2011

après quarante ans d'une vie confortable elle n'imaginait pas un jour changer sa destinée engagée comme lectrice elle découvre un manuscrit retraçant la rencontre au XI^e siècle du poète Rûmî avec le plus célèbre derviche du monde musulman c'est la révélation transcendée par cette histoire elle s'initie au soufisme et à la splendeur de l'amour

Soufi, mon amour 2010

ella rubinstein a en apparence tout pour être heureuse une jolie maison dans le massachusetts trois beaux enfants un chien fidèle mais à l'aube de ses quarante ans elle se demande si elle n'est pas passée à côté d'elle-même les infidélités de son mari ne sont plus un mystère et les cours de cuisine du jeudi ne suffisent pas à exalter sa vie monotone décidée à reprendre une activité professionnelle elle est engagée comme lectrice par un agent littéraire sa première mission rédiger une note sur un manuscrit signé par Aziz Z. Zahara ce roman qui retrace la rencontre entre le poète Rûmî et le plus célèbre derviche du monde musulman Shams de Tabriz va être une révélation pour ella au fil des pages elle découvre le soufisme le refus des conventions et la splendeur de l'amour cette histoire se révèle être le miroir de la sienne Aziz comme Shams l'a fait pour Rûmî sept siècles auparavant serait-il venu la libérer

The Forty Rules of Love 2011-06-02

the international bestseller every true love and friendship is a story of unexpected transformation if we are the same person before and after we loved that means we haven't loved enough ella rubinstein has a husband three teenage children and a pleasant home everything that should make her confident and fulfilled yet there is an emptiness at the heart of ella's life an emptiness once filled by love so when ella reads a manuscript about the thirteenth century sufi poet rumi and shams of tabriz and his forty rules of life and love her world is turned upside down she embarks on a journey to meet the mysterious author of this work it is a quest infused with sufi mysticism and verse taking ella and us into an exotic world where faith and love are heartbreakingly explored enlightening enthralling an affecting paean to faith and love metro colourfully woven and beguilingly intelligent daily telegraph the past and present fit together beautifully in a passionate defence of passion itself the times

Something Blue 2020-03-02

lena and paul are about to live the most beautiful day of their lives as the

organization of their wedding day takes shape cameron paul s half brother and witness joins the future bride and groom to help them get ready for their big day what if fate knocked at your door at the worst possible time would you let it change the course of your life

L'architecte du sultan 2015-04-22T00:00:00+02:00

istanbul xvie siècle le jeune jahan débarque dans cette ville inconnue avec pour seul compagnon un magnifique éléphant blanc qu'il est chargé d'offrir au sultan soliman le magnifique en chemin il rencontrera des courtisans trompeurs et des faux amis des gitans des dompteurs d'animaux ainsi que la belle et espiègle mihrimah il attirera bientôt l'attention de l'architecte royal sinan une rencontre fortuite qui va changer le cours de son existence au cœur de l'empire ottoman quand istanbul était le centre grouillant de la civilisation l'architecte du sultan est un conte magique où l'on découvre le destin extraordinaire d'un garçon aux origines modestes qui se verra élevé au plus haut rang de la cour

The Architect's Apprentice 2014-11-06

a dazzling and intricate tale from elif shafak booker shortlisted author of 10 minutes 38 seconds in this strange world chosen for the duchess of cornwall s online book club the reading room there were six of us the master the apprentices and the white elephant we built everything together sixteenth century istanbul a stowaway arrives in the city bearing an extraordinary gift for the sultan the boy is utterly alone in a foreign land with no worldly possessions to his name except chota a rare white elephant destined for the palace menagerie so begins an epic adventure that will see young jahan rise from lowly origins to the highest ranks of the sultan s court along the way he will meet deceitful courtiers and false friends gypsies animal tamers and the beautiful mischievous princess mihrimah he will journey on chota s back to the furthest corners of the sultan s kingdom and back again and one day he will catch the eye of the royal architect sinan a chance encounter destined to change jahan s fortunes forever filled with all the colour of the ottoman empire when istanbul was the teeming centre of civilisation the architect s apprentice is a magical sweeping tale of one boy and his elephant caught up in a world of wonder and danger a gorgeous picture of a city teeming with secrets intrigue and romance the times exuberant epic and comic fantastical and realistic like all good stories it conveys deeper meanings about human experience financial times fascinating a vigorous evocation of the ottoman empire at the height of its power sunday times intricate multi layered resplendent vividly evoked beautifully written observer elif shafak s latest novel the island of missing trees is available now

Young Turk 2005

a series of thirteen interconnected stories follows the experiences of a circle of young friends who come of age in the increasingly politicized nation of turkey before during and after world war ii from a psychic girl who foresees the holocaust to a jewish boy who sets off for occupied greece to rescue his family to a boy who struggles to save a national poet

The Flea Palace 2012-10-25

by turns comic and tragic elif shafak s the flea palace is an outstandingly original novel driven by an overriding sense of social justice bonbon palace was once a stately apartment block in istanbul now it is a sadly dilapidated home to ten wildly different individuals and their families there s a womanizing hard drinking academic with a penchant for philosophy a clean freak and her lice ridden daughter a lapsed jew in search of true love and a charmingly naïve mistress whose shadowy past lurks in the building when the garbage at bonbon palace is stolen a mysterious sequence of events unfolds that

result in a soul searching quest for truth an enchanting combination of compassion and cruelty elif shafak is the best author to come out of turkey in the last decade orhan pamuk hyper active and hilarious independent elif shafak is the acclaimed author of the bastard of istanbul and the forty rules of love and is the most widely read female novelist in turkey her work has been translated into more than thirty languages she is a contributor for the telegraph guardian and the new york times and her ted talk on the politics of fiction has received 500 000 viewers since july 2010 she is married with two children and divides her time between istanbul and london

How to Stay Sane in an Age of Division 2020-08-27

elegant calm and generous mary beard guardian the must read pocket sized big think book of 2020 one of the guardian s best books to inspire compassion one of independent s books of the month a cosmopolitan revolutionary read ours is the age of contagious anxiety we feel overwhelmed by the events around us by injustice by suffering by an endless feeling of crisis so how can we nurture the parts of ourselves that hope trust and believe in something better and how can we stay sane in this age of division in this powerful uplifting plea for conscious optimism booker prize nominated novelist and activist elif shafak draws on her own memories and delves into the power of stories to bring us together in the process she reveals how listening to each other can nurture democracy empathy and our faith in a kinder and wiser future

Black Milk 2013-03-07

black milk is the affecting and beautifully written memoir on motherhood and writing by turkey s bestselling female writer elif shafak author of honour the gaze and the bastard of istanbul which was long listed for the orange prize postpartum depression affects millions of new mothers every year and like most of its victims elif shafak never expected to be one of them but after the birth of her first child in 2006 the internationally bestselling turkish author remembers how for the first time my adult life words wouldn t speak to me as her despair finally eased shafak sought to resuscitate her writing life by chronicling her own experiences in her intimate memoir she reveals how she struggled to overcome her depression and how literature provided the salvation she so desperately needed an intimate affecting memoir her passion for literature is contagious and her struggle with postpartum depression and writer s block reinforces how carefully all of us must tread beautifully rendered shafak s black milk is an epic poem to women everywhere colleen mondor elif shafak is the acclaimed author of the bastard of istanbul and the forty rules of love and is the most widely read female novelist in turkey her work has been translated into more than thirty languages she is a contributor for the telegraph guardian and the new york times and her ted talk on the politics of fiction has received 500 000 viewers since july 2010 she is married with two children and divides her time between istanbul and london

The Bastard of Istanbul 2012-08-30

one rainy afternoon in istanbul a woman walks into a doctor s surgery i need to have an abortion she announces she is nineteen years old and unmarried what happens that afternoon will change her life twenty years later asya kazanci lives with her extended family in istanbul due to a mysterious family curse all the kazanci men die in their early forties so it is a house of women among them asya s beautiful rebellious mother zeliha who runs a tattoo parlour banu who has newly discovered herself as clairvoyant and feride a hypochondriac obsessed with impending disaster and when asya s armenian american cousin armanoush comes to stay long hidden family secrets connected with turkey s turbulent past begin to emerge wonderfully magical incredible breathtaking will have you gasping with disbelief in the last few pages sunday express a beautiful book the finest i have read about turkey irish times heartbreaking the beauty of islam pervades shafak s book vogue

Honour 2012-04-05

from the orange prize long listed and award winning author of the forty rules of love and the bastard of istanbul elif shafak honour is a novel of love betrayal and a clash of cultures my mother died twice i promised myself i would not let her story be forgotten leaving her twin sister behind pembe leaves turkey for love following her husband adem to london there the topraks hope to make new lives for themselves and their children yet no matter how far they travel the traditions and beliefs the topraks left behind stay with them carried in the blood their eldest is the boy iskender who remembers turkey and feels betrayal deeper than most his sister is esma who is loyal and true despite the pain and heartache and lastly yunus who was born in london and is shy and different trapped by the mistakes of the past the toprak children find their lives shattered and transformed by a brutal act of murder a powerful novel set in turkey and london in the 1970s honour explores pain and loss loyalty and betrayal the trials of the immigrant the clash of tradition and modernity as well as the love and heartbreak that too often tears families apart a powerful book thoughtful provoking and compassionate joanne harris author of chocolat rich and wide as the euphrates river along whose banks it begins and ends elif shafak has woven with masterful care and compassion one immigrant family s heartbreaking story a story nurtured in the terrible silences between men and women trying to grow within ancient ways all the while growing past them i loved this book sarah blake author of the postmistress elif shafak is the acclaimed author of the bastard of istanbul and the forty rules of love and is the most widely read female novelist in turkey her work has been translated into more than thirty languages she is a contributor for the telegraph guardian and the new york times and her ted talk on the politics of fiction has received 500 000 views since july 2010 she is married with two children and divides her time between istanbul and london

Rûmî and Sufism 1987

nonfiction rumi is one of the great mystics of islam he founded in the xiii century a brotherhood in the turkish city of konya famous for the use of music in the context of spiritual experience to understand rumi is to enter the world of islam in its true sense known as a sufi rumi is on par with the spiritual masters of all great religious traditions written by eva de vitray meyerovitch a french scholar who became a believer in islam through her works on sufism this book is the best initiation not only to rumi but to islamic thought it is clear elegant scholarly beautiful it is an excellent tool for serious students of islam as well as for the general public who wants to approach islamic civilization with the respect and competence it requires it should be on the program of any studies dealing with islam comparative studies of religions the values and politics of the islamic world it is a key to the underlying world view which it is impossible to understand without comprehending its spiritual roots but this book is also about the life and writings of one of the great poets of the world

Moissons infernales 2017-06-16

un chemin une voie la voie de la saine raison ouverte sur un monde dans lequel s active l assortiment usuel des passions exacerbant toute une panoplie de forces contraires aux pouvoirs parfois maléfiqes tel est le propos de ce récit où se mêle le crapuleux ordinaire au fanatisme religieux point de parti pris en cela juste la description d un monde de douleur ni condamné à l abîme ni transporté en un nirvana miraculeusement pacifié un récit articulé autour de quatre personnages augustin alerte retraité secourt un homme rachid d une agression raciste il s en fera un ami ainsi que de l un des deux agresseurs fred et d un quatrième romain ami de ce dernier venu compléter la confrérie tous quatre seront mêlés à des événements dramatiques en une confrontation imposée qui leur permettra de les orienter vers une fin heureuse dans l unité de leur diversité religieuse et culturelle roger ongaro nous offre un roman

comme leçon de philosophie et de tolérance

Amour 2022-09-20

l univers compte deux pôles majeurs guides des actions des hommes l amour et la peur l amour sous entend entre autres la bienveillance l entraide et la tolérance tandis qu on retrouve chez la peur la haine la jalousie la colère et le mensonge À travers différents chapitres amour déclame le rapport qu entretiennent ces deux grands choix points de départ de l ensemble de nos décisions À propos de l auteur pour victor lacam il n y a pas plus important que l amour qu il considère comme omniprésent voulant partager sa vision avant gardiste de ce sentiment il se met à la rédaction et nous propose amour son premier ouvrage

The Gaze 2012-10-25

a beautiful and compelling novel elif shafak s the gaze considers the damage which can be inflicted by our simple desire to look at others i didn t say anything i didn t return his smiles i looked at him in the wide mirror in front of where i was sitting he grew uncomfortable and avoided my eyes i hate those who think fat people are stupid an obese woman and her lover a dwarf are sick of being stared at wherever they go and so decide to reverse roles the man goes out wearing make up and the woman draws a moustache on her face but while the woman wants to hide away from the world the man meets the stares from passers by head on compiling his dictionary of gazes to explore the boundaries between appearance and reality intertwined with the story of a bizarre freak show organised in istanbul in the 1880s the gaze considers the damage which can be inflicted by our simple desire to look at others beautifully evoked the times original and compelling tls plays with ideas of beauty and ugliness like they re rubik s cubes helen oyeyemi entertaining and affecting publishers weekly elif shafak is the acclaimed author of the bastard of istanbul and the forty rules of love and is the most widely read female novelist in turkey her work has been translated into more than thirty languages she is a contributor for the telegraph guardian and the new york times and her ted talk on the politics of fiction has received 500 000 viewers since july 2010 she is married with two children and divides her time between istanbul and london

A Woman Looking at Men Looking at Women 2016

a collection of essays on art feminism neuroscience psychology and philosophy amazon com

Crime d'honneur 2013-03-07

ma mère est morte deux fois c est par ces mots qu esma jeune femme kurde commence le récit de l histoire de sa famille née sur les rives de l euphrate et émigrée à londres en 1970 l histoire d abord de sa grand mère dans le village de mala car bavan désespérée de ne mettre au monde que des filles elle qui sait combien la vie ne les épargnera pas l histoire de sa mère pembe la superstitieuse et de sa tante jamila la guérisseuse soeurs jumelles aux destins très différents l histoire des hommes aussi celle de son père tour à tour aimant violent fuyant et celle de ses frères yunus le rêveur et iskender iskender l enfant chéri de sa mère la prune de ses yeux son sultan son meurtrier enfin l histoire de ces immigrés qui ont choisi l exil pour vivre de miracles et croire aux mirages qui ont choisi la liberté et l amour quand d autres restent ancrés dans les traditions et portent au pinacle l honneur d une famille

Hiroshima Mon Amour 2015-06-30

the award winning screenplay for the classic film the new york post hailed as

overwhelming a motion picture landmark one of the most influential works in the history of cinema alain renais s hiroshima mon amour gathered international acclaim upon its release in 1959 and was awarded the international critics prize at the cannes film festival and the new york film critics award ostensibly the story of a love affair between a japanese architect and a french actress visiting japan to make a film on peace hiroshima mon amour is a stunning exploration of the influence of war on both japanese and french culture and the conflict between love and inhumanity

Silence Is My Mother Tongue 2020-09-08

a sensuous textured novel of life in a refugee camp long listed for the orwell prize for political fiction on a hill overlooking a refugee camp in sudan a young man strings up bedsheets that in an act of imaginative resilience will serve as a screen in his silent cinema from the cinema he can see all the comings and goings in the camp especially those of two new arrivals a girl named saba and her mute brother hagos for these siblings adapting to life in the camp is not easy saba mourns the future she lost when she was forced to abandon school while hagos scorned for his inability to speak must live vicariously through his sister both resist societal expectations by seeking to redefine love sex and gender roles in their lives and when a businessman opens a shop and befriends hagos they cast off those pressures and make an unconventional choice with this cast of complex beautifully drawn characters sulaiman addonia details the textures and rhythms of everyday life in a refugee camp and questions what it means to be an individual when one has lost all that makes a home or a future intimate and subversive silence is my mother tongue dissects the ways society wages war on women and explores the stories we must tell to survive in a broken inhospitable environment

Prayers 2012-10-27

this small booklet contains the sufi prayers and remembrances of hazrat inayat khan 1880 1927 the first sufi to come to the west and the founder of the first truly universalist sufi lineage the prayers in this edition have been edited and adapted from the originals for clarity in modern english and made gender inclusive for modern readers

Horde 2013-10-29

the epic conclusion to ann aguirre s usa today bestselling trilogy the horde is coming salvation is surrounded monsters at the gates and this time they re not going away when deuce fade stalker and tegon set out the odds are against them but the odds have been stacked against deuce from the moment she was born she might not be a huntress anymore but she doesn t run with her knives in hand and her companions at her side she will not falter whether fighting for her life or fade s love ahead the battle of a lifetime awaits freaks are everywhere attacking settlements setting up scouts perimeters and patrols there hasn t been a war like this in centuries and humans have forgotten how to stand and fight unless deuce can lead them this time however more than the fate of a single enclave or outpost hangs in the balance this time deuce carries the banner for the survival of all humanity

The Island of Missing Trees 2023-02-28

a rich magical new novel on belonging and identity love and trauma nature and renewal from the booker shortlisted author of 10 minutes 38 seconds in this strange world

A Year with Rumi 2009-10-13

coleman barks has played a central role in making the sufi mystic rumi the most

popular poet in the world a year with rumi brings together 365 of barks s elegant and beautiful translations of rumi s greatest poems including fifteen never before published poems barks includes an introduction that sets rumi in his context and an afterword musing on poetry of the mysterious and the sacred join coleman barks and rumi for a year long journey into the mystical and sacred within and without join them in recognizing and embracing the divine in the sublime in the ordinary and in us all

Phatak's Materia medica of homoeopathic medicines 1992

shortlisted for the booker prize 2019 expect vibrant vivid and eye opening descriptions of middle eastern life propelled by a tender storyline all in shafak s haunting beautiful and considered prose vanity fair incredibly sensuous and poetic and evocative pandora sykes richly uplifting truly beautiful writing nicola sturgeon in the first minute following her death tequila leila s consciousness began to ebb slowly and steadily like a tide receding from the shore for leila each minute after her death recalls a sensuous memory spiced goat stew sacrificed by her father to celebrate the birth of a yearned for son bubbling vats of lemon and sugar to wax women s legs while men are at prayer the cardamom coffee she shares with a handsome student in the brothel where she works each fading memory brings back the friends she made in her bittersweet life friends who are now desperately trying to find her simply magnificent a truly captivating work of immense power and beauty on the essence of life and its end philippe sands elif shafak brings into the written realm what so many others want to leave outside spend more than ten minutes and 38 seconds in this world of the estranged shafak makes a new home for us in words colum mccann elif shafak s extraordinary 10 minutes 38 seconds in this strange world is a work of brutal beauty and consummate tenderness simon schama a rich sensual novel this is a novel that gives voice to the invisible the untouchable the abused and the damaged weaving their painful songs into a thing of beauty financial times one of the best writers in the world today hanif kureishi haunting moving beautifully written a masterpiece peter frankopan extraordinary guardian life affirming stylist elif shafak s latest novel the island of missing trees is available now

10 Minutes 38 Seconds in this Strange World 2019-06-06

the thought provoking new novel from the international bestselling author whose words change lives linda knows she s lucky yet every morning when she opens her eyes to a so called new day she feels like closing them again her friends recommend medication but linda wants to feel more not less and so she embarks on an adventure as unexpected as it is daring and which reawakens a side of her that she respectable wife loving mother ambitious journalist thought had disappeared even she can t predict what will happen next

Adultery 2014-08-14

under the cathartic spell of the sea and with a little help from a retired magician a young woman learns how to rebuild her life in this stunningly poignant debut novel holly moved to brighton to escape her grief over the death of her boyfriend sam but now she is here sitting on a bench listening to the sea sway what is supposed to happen next she had thought she d want to be on her own wrecked stranded but after she meets frank the tide begins to shift frank a retired magician who has experienced his own loss but manages to be there for everyone else gradually as he introduces holly to a circle of new friends young and old all with their own stories of love and grief to share she begins to learn to live again a moving and powerful debut let me be like water is a book simultaneously about nothing and everything about the humdrum yet extraordinariness of everyday life of lost and new connections of loneliness

2018-09-28

7/11

elif shafak soufi mon
amour

and friendship

Let Me Be Like Water 2019-04-04

earth in common use for architectural construction for thousands of years has in the past thirty years attracted renewed attention as a healthy environment friendly and economical building material what needs to be considered in this context the manual building with earth which has been translated into many languages describes the building technology of this material the physical properties and characteristic values are explained in a hands on manner with proper moisture protection earth buildings are very durable and in particular the combination with wood or straw allows a wide spectrum of design options numerous built examples demonstrate the range of applications for this fully recyclable material

Building with Earth 2021-12-06

the traditional tales and stories of ancient iran which occupied a vast area of central asia describe confrontations between good and evil the victories of the gods and the exploits of heroes and fabulous supernatural creatures such as the magical bird simorgh and the dev or black demons much of our information about iran s pre islamic past comes from the holy book of the zoroastrian religion the avesta which was not written down in its present form until the thirteenth or fourteenth century a d but dates back originally to between 1400 and 1200 b c as well as the words of the prophet zoroaster and stories about the wise lord ahura mazda it also incorporates earlier pagan myths which reappear in the shahnameh book of kings a magnificent epic in rhyme complete in a d 1010 by the poet firdausi and featuring his most famous hero rustam dr curtis draws upon all of these sources to retell for modern readers the stirring legends of ancient iran which have inspired centuries of manuscript illustrations

Persian Myths 1993

livre remarquable présentant la puissance de l enseignement ésotérique du livre de job trop souvent ignorée

N.76 Le mystère de Job et les épreuves initiatiques 2017-06-01

in 1938 in the remote dersim region of eastern anatolia the turkish republic launched an operation to erase an entire community of zaza speaking alevi kurds inspired by those brutal events this densely lyrical and allusive novel grapples with the various inheritances of genocide gendered violence and historical memory as they reverberate across time and place from within the unnamed protagonist s home in contemporary istanbul back cover

Every Fire You Tend 2019

music of the mist by laura pender released on sep 24 1993 is available now for purchase

Music of the Mist 1993

c est l histoire d une shéhérazade des temps modernes et de son parcours initiatique de sa recherche du saint graal elle a passé plus de quarante années à chercher à comprendre le sens de la vie voyagé et séjourné de par le monde dans les déserts égyptiens sahariens soudanais dubaïotes au moyen orient au liban en tunisie en grèce en afrique de l ouest dans la brousse et aussi avenue montaigne à paris une autre forme de brousse elle a étudié la vie des pharaons tout le long du nil du caire jusqu à kerma et en terre soudanaise écumé les musées les sites archéologiques À la suite de ce périple la plus belle

2018-09-28

8/11

elif shafak soufi mon amour

rencontre qu'elle fit ce fut elle-même dans une version plus haute plus pure elle comprend alors que seul l'amour pourra sauver les hommes et la planète elle découvre que le bonheur est aux portes de nos cœurs et qu'il suffit de le laisser y entrer elle magnifie ce simple mantra gratitude acceptation pardon amour aimer sans rien attendre en retour se donner sans restriction remercier et glorifier chaque cadeau de la vie accepter les expériences douloureuses qui sont là pour nous faire grandir et pardonner toujours pardonner aux autres et se pardonner à soi-même la vie est notre champ d'expérience et l'Éveil de nos consciences repose sur la vertu d'amour qui elle seule pourra sauver notre monde

Le moine en Louboutin - Vers un éveil spirituel 2019-08-07

La capitale économique de la République turque se tourne vers l'avenir tout en préservant son charme d'antan la ville a toujours été cosmopolite et c'est sûrement pour cette raison que l'on se sent très vite chez soi coupée en deux par le majestueux Bosphore long de plus de 30 km les saveurs exotiques des marchés colorés fascinent outre le sens de l'accueil des habitants c'est le choc des cultures qui étonne et envoûte ici les muezzins appellent à la prière et des yachts déposent des milliardaires dans leur résidence sur le Bosphore la ville ne dort jamais on festoie dans tous les quartiers jusqu'au petit matin les bains ne manqueront pas de ressourcer le touriste pendant que les fastueux monuments livreront simplement l'histoire de la ville vieille de plusieurs millénaires

ISTANBUL 2023/2024 Petit Futé 2023-03-15T00:00:00+01:00

this volume explores the ways in which the young both in muslim majority societies and muslim communities in the west negotiate their muslim identity in relation to their youthful desires their individuality the search for autonomy and security for the future

Being Young and Muslim 2010

La gratitude c'est être reconnaissant de ce que l'on reçoit mais c'est aussi une disposition de l'esprit une attitude que l'on choisit d'adopter envers la vie les événements les souffrances une qualité à cultiver un état de grâce à retrouver christine angelard constate quotidiennement auprès de ses patients que les blessures de l'âme provoquent de profonds déséquilibres du corps qui ne peuvent pas toujours être traités par des médicaments a contrario en apprenant à cultiver la gratitude nous parvenons à influencer l'équilibre du système nerveux et la santé en général et ressentons un sentiment de bien-être durable forte de ses années de pratique en santé globale et en médecine traditionnelle chinoise christine angelard s'est intéressée aux vertus thérapeutiques de la gratitude et a mis au point une méthode facile et accessible basée sur la technique de guérison des cinq blessures de l'âme de l'eft emotional freedom techniques et celle de la tradition hawaïenne du ho'oponopono ce faisant nous avançons alors sur ce chemin de gratitude où la guérison passe par l'ouverture à notre vraie nature celle du cœur

La gratitude qui guérit 2019-02-07

qatar l'histoire interdite dans la lignée de midnight express emmanuel razavi grand reporter périple au bout de l'enfer qatarien 1744 jours emprisonné au qatar près de 5 ans de vie volée détenu au qatar sans procès pendant plusieurs années l'auteur dévoile la vérité sur son incarcération dans la prison centrale de doha il ne cache rien il n'épargne personne il nous dépeint son quotidien dans ce dernier étage avant l'enfer puis l'enfer la promiscuité quotidienne avec des djihadistes les amitiés étranges avec des assassins au parcours

2018-09-28

9/11

elif shafak soufi mon amour

glaçant les trafics en tout genre les tabassages en règle les grèves de la faim pour hurler son innocence au delà des murs les tentatives d'évasion jean pierre marongiu révèle page après page son calvaire enduré toutes ces années de ce cheminement personnel où le sordide et l'espoir cohabitent en permanence on retiendra cette inexorable rage de vivre pour témoigner sur l'innommable et l'injustice pour que jamais plus la république française ne se retranche derrière un mur d'indifférence et de mépris

InQarcéré - Périple au bout de l'enfer qatarien 2019-03-07

altérité ouverture empathie coopération sont des valeurs du féminin dans le patriarcat l'ordre naturel d'un masculin au service du féminin et de la relation est renversé le masculin négatif aux commandes érige la compétition la domination le succès coûte que coûte en valeurs suprêmes laissant les relations exsangues et les individus à terre le legs du patriarcat aux femmes est une estime de soi basse la dévalorisation du principe féminin et les messages négatifs permanents implicites et explicites qui leurs sont adressés en tant que fille puis femme portent atteinte à leur intégrité d'être humain les conséquences en sont lourdes pour elles les hommes les enfants et la terre il est temps que les comportements abusifs des hommes soient dénoncés pour que les femmes puissent enfin se sentir en sécurité entendues respectées protégées néanmoins les hommes n'ont pas le monopole de la maltraitance sans une vision systémique sans une prise de conscience sérieuse que le modèle patriarcal produit des mères toutes puissantes et des pères passifs tous deux maltraitants sans une transformation des modalités relationnelles entre pères et mères sans une rééducation radicale sans un engagement à nous connaître pour ne pas utiliser nos enfants pour compenser nos manques nous continuerons à fabriquer de petits monstres abuseurs et des victimes cherchant leurs sauveurs bourreaux à travers son histoire personnelle et de nombreux récits de femmes ihsane nous partage sa conviction que nous vivons une époque épique avec entre nos mains la carte vers un chemin relationnel où l'amour est roi où féminin et masculin marchent main dans la main en intelligence de cœur et d'action

Le Sexe des Lumières 2019-12-08

s'épanouir personnellement élan spirituel ou ressource au service de l'entreprise ce désir fondamental de chacun est entendu et rencontré actuellement par de nombreux modèles managériaux les bénéfiques semblent précieux pour tout le monde cependant ils font émerger bien des questions celle du lien paradoxal et subtil entre efficacité managériale et liberté spirituelle des salariés celle au niveau juridique de possibles manipulations qui joueraient sur les ressorts du bien-être des individus celle de la définition de ce qui est signifié et visé par le management celle de l'utilisation de ressources traditionnelles chrétiennes ou religieuses qui seraient détournées de leur finalité propre dans quelle mesure l'exploitation par l'entreprise du registre spirituel peut-elle nourrir des altérités bienheureuses et créatrices au sein d'un projet collectif réel cet ouvrage explore cette tendance sociétale majeure moyennant une approche interdisciplinaire entre sciences de gestion spiritualité et théologie dans le respect de l'autonomie de chaque domaine l'instance éthique en féconde le dialogue et en fixe les conditions elle contribue à l'accueil d'une lumière qui émane d'une théologie faible libérante pour le service des hommes et des femmes au travail et plus particulièrement de décideurs à la fois performants et soucieux des relations humaines dans leur vulnérabilité

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