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**l art de la compassion audible com** - Jan 30 2022

web ouvrir son cœur et trouver le bonheur en pratiquant l art de la compassion après l art du bonheur le dalaï lama nous explique avec autant d humilité que de finesse et de profondeur ce qu est la compassion comment la cultiver et la développer il nous montre par quels mécanismes l égoïste se mue en un être aimant et généreux