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ROBERT LAFFONT, 2014. Paperback. Book Condition: NEUF. La poursuite aveugle et effrénée du bonheur explique sans doute notre difficulté à être heureux. Un livre de développement personnel alternatif, à contre-pied des livres et méthodes magiques et " positives " dont le " marché du bonheur " nous submerge. Le bonheur semble le nouveau Graal de notre époque : plus nous le cherchons, plus il semble se dérober. C'est que la majorité d'entre nous cherche un bonheur idéalisé, impossible à atteindre, une vie...

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