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Dans le prolongement de leur dernier ouvrage, Himalaya bouddhiste, Danielle et Olivier Föllmi souhaitent, avec ce nouveau livre, approfondir le message des Tibétains. Sur des sujets qui nous préoccupent, les plus grands maîtres et penseurs du bouddhisme tibétain nous transmettent leur vision de l'existence, une vision qui incite à sans cesse se dépasser et à faire grandir l'humanité, Cinquante-deux thèmes ponctuent l'année et offrent des conseils destinés à accompagner chacun tout au long de sa vie, quelles que soient ses croyances et sa tradition religieuse. Grand succès de librairie, Offrandes - traduit en plusieurs langues - est le premier ouvrage de la collection Offrandes de l'Humanité où se conjuguent subtilement regard et pensées.

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