

Jonathan Lehmann

*Journal intime
d'un touriste
du bonheur*



Date : 24/05/2018

Pages : 288

Format cm : 15 x 22

Prix : 16.9

EAN : 9782732486826

Diary of a Happiness Tourist

Author: Jonathan Lehmann

Publisher : La Martinière

Category : Practical Books

Genres : Well-Being/Self-Help - Tourism/Travel

Keywords : Personal growth - Radicalization

A powerful, profound, and original invitation to transform our tyrannical mindset into an instrument for happiness.

One day, Jonathan, a Wall Street golden boy, party animal, and recreational drug user, packs it all in and heads off in search of happiness. Over a 3-year period, he seeks out thinkers and spiritual masters from around the world, learns about meditation, and discovers shamanism. He seeks solutions to his unhappiness in ancestral wisdom, Buddhism, and ancient philosophy, as well as scientific fields such as neurology and positive and cognitive psychology. In witty prose, this book shakes up literary genres as much as it does readers' minds.

Sales in France: 36,000 copies

Adaptations: Livre-audio