



# Organiser son temps: Une approche chrétienne (EDB) (French Edition)

*Marshall J. Cook*

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Qui ne s'est jamais senti écrasé par le manque de temps, stressé par les multiples occupations et contraintes de la vie quotidienne.

Comment trouver, en plus de toutes ses activités, le temps de la prière, le temps pour Dieu, pour l'autre ou tout simplement pour soi, pour le ressourcement personnel ?

Si vous ressentez ce poids du manque de temps, ce livre est pour vous !

En alliant une approche spirituelle, des conseils très concrets et des exercices pratiques, l'auteur vous aidera pas à pas à relire l'organisation de votre vie sous le regard de Dieu et à mettre en place les moyens de vivre ce qui vous tient à coeur en faisant des choix plus libres en accord avec vos valeurs.

Pour faire le bilan sur la façon dont nous organisons notre temps et trouver les manières d'améliorer cette gestion.

Marshall J. Cook a enseigné pendant trente ans à l'Université du Wisconsin Madison et donne de nombreuses conférences dans tous les Etats-Unis. Il est l'auteur de plusieurs livres sur la gestion du stress et fut même l'invité d'Oprah autour de ce sujet. Marshall est l'éditeur de Extra Innings, une newsletter en ligne destinée aux écrivains. Auteur de trente livres et de centaines d'articles de presse, il est titulaire d'une licence en écriture créative et d'un master en communication de l'université de Stanford.

Traduit de l'américain par Cécile Logeart

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