

1. Record Nr.	UNINA9910159393903321
Autore	Poletti Rosette
Titolo	L'attention, l'autre nom de l'amour : Comment apprendre et developper son attention
Pubbl/distr/stampa	Cork : , : Editions Infolio (La Source Vive), , 2017 ©2017
ISBN	9782889389995 2889389995
Descrizione fisica	1 online resource (68 pages)
Soggetti	Attention Love
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Couverture -- Page de titre -- Introduction -- Ce qu'est l'attention -- L'attention a la creation, aux choses, aux evenements -- Choisir a quoi on donne son attention -- L'attention a soi -- L'attention : une dimension essentielle de la vie -- L'attention et ce qui la motive -- L'attention aux autres -- L'attention complete -- L'attention a la dimension de la transcendance -- L'attention aux signes -- L'attention, ca s'apprend -- Apprendre l'attention a soi -- Apprendre l'attention a l'environnement, a la nature, a la beaute -- Apprendre l'attention aux autres -- L'attention a la dimension spirituelle -- L'attention a la dimension spirituelle en nous -- Conclusion -- Les ressources pour developper son attention -- Bibliographie -- La Source Vive Editions en numerique -- Copyright.
Sommario/riassunto	This book explores the concept of attention as a fundamental aspect of love and human connection. It delves into the importance of being fully present and attentive in relationships, emphasizing that true love cannot exist without attention. The author discusses how attention is cultivated through mindfulness and meditation, drawing on insights from psychology, neuroscience, and Eastern philosophies such as Buddhism. The text highlights the role of attention in enhancing personal well-being and social interactions, and it addresses the

challenges posed by modern distractions such as media and advertising. The book aims to guide readers in developing their capacity for attention to improve their quality of life and relationships.
