

1. Record Nr.	UNINA9910963240403321
Autore	GRAVIER Jonathan
Titolo	Introducao ao Minimalismo
Pubbl/distr/stampa	Chicago : , : Jonathan GRAVIER, , 2021 ©2021
ISBN	9781071583715 1071583719
Edizione	[1st ed.]
Descrizione fisica	1 online resource (50 pages)
Altri autori (Persone)	BlancBeni
Soggetti	Philosophy Mindfulness (Psychology)
Lingua di pubblicazione	Portoghese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Pagina do Titulo -- Pagina dos Direitos Autorais -- INTRODUCAO AO MINIMALISMO -- Sua classificacao e suas recomendacoes diretas farao a diferenca -- Procurando outras otimas leituras?.
Sommario/riassunto	This book, 'Introduction to Minimalism' by Jonathan Gravier, explores the philosophical and psychological aspects of minimalism as a lifestyle and mindset. It challenges readers to question preconceived notions and encourages a journey of self-discovery. The author emphasizes that minimalism is not a prescriptive method but a natural state of mind that cannot be imposed. The text guides readers through a reflective process, urging them to consider the implications of modified states of consciousness and the complexity of human aspirations. It serves as a tool for personal introspection rather than a traditional self- help guide. The book is intended for individuals interested in personal growth, philosophy, and mindfulness.