



## Etre bien dans ses baskets (EDB) (French Edition)

*Joël Pralong*

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L'homme aurait-il perdu son âme comme le randonneur ses baskets renforcées, s'en allant pieds nus en haute montagne, livré à tous les dangers, sans réelle protection.

Une société sans âme est une société sans force, qui ne sait pas où elle va, qui ne sait pas pourquoi et pour qui elle vit...

Une société qui fabrique alors ses propres symptômes névrotiques : burnout, dépression, perte de sens, angoisse existentielle, suicide, jeunes mal dans leur peau, refus de vivre jusqu'au refus de se nourrir parfois.

Ce livre s'adresse à tous, mais particulièrement aux jeunes en recherche de sens et de but.

Il dénonce la mécanique du profit et du marketing qui se sert surtout des jeunes pour huiler sa machine diabolique.

Il propose des chemins pour retrouver un sens, un but à la vie, pour déceler l'âme enfouie au fond de chacun, afin de retrouver la source de l'humain et de l'humanité.

Il lance le débat...

Joël Pralong est curé-solidaire sur le secteur paroissial de Nendaz (diocèse de Sion, Suisse).

Il a été ordonné prêtre en 1984. Amoureux de la Parole de Dieu et passionné d'écriture, il s'intéresse aussi aux voies spirituelles qui aident l'humain à grandir et à devenir pleinement lui-même.

Illustrations de Sylvie Nigg

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