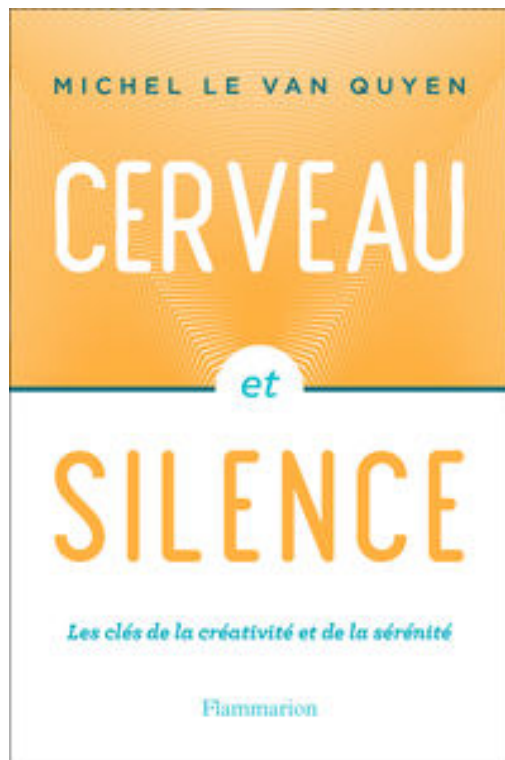


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Download or Read Online Cerveau et silence Michel Le Van Quyen Free eBook PDF/ePub/Mobi/Mp3/Txt, Septembre 2017 : Michel Le Van Quyen se réveille frappé de paralysie. Surmenage, diagnostique-t-on, avant de prescrire un repos absolu. Au début, cette inaction lui pèse, puis la surprise se produit : le silence dans lequel il est plongé lui fait du bien et l'aide à surmonter la maladie. Il décide alors de mener l'enquête. Nous en avons l'intuition, les neurosciences l'expliquent désormais : lorsque nous favorisons le silence acoustique, mais aussi attentionnel, visuel ou méditatif, notre cerveau bascule dans un état très particulier. C'est cette déconnexion qui l'aide à se régénérer, à évacuer les toxines conduisant aux maladies neurodégénératives. Mieux : le silence sous toutes ses formes est bénéfique pour la créativité, la mémorisation, voire la construction de notre « moi ». Si les grandes sagesse d'Orient et d'Occident l'ont déjà compris, aujourd'hui la science atteste des stupéfiants pouvoirs du silence : à nous de nous en emparer.

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