



Plaidoyer pour l'altruisme: La force de la bienveillance

Matthieu Ricard

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Abreuvés d'images violentes, confrontés à une société en crise, on sous-estime la force de la bienveillance, la banalité du bien et le pouvoir de transformation qu'une attitude altruiste peut avoir sur nos vies au plan individuel et, partant, sur la société tout entière. *Plaidoyer pour l'altruisme* est la somme de cinq années de recherches, de rencontres, d'expériences, d'observation et de réflexion. Ainsi, pour l'auteur, l'homme est d'abord un "coopérateur". Rétablir la pratique de l'altruisme et de la bienveillance au niveau individuel et social changerait la face du monde, libérant des forces créatrices bien plus efficaces que celles générées par la compétition.

Ces morceaux choisis ont pour dessein d'offrir à l'auditeur une première approche de cet ouvrage passionnant, fondé sur l'observation et les sciences du comportement ; ainsi que les outils lui permettant de restaurer la pratique de l'altruisme. Et surtout ils redonnent à l'altruisme la place éminente qu'il occupe au sein d'une humanité dont il assure l'épanouissement. Une interprétation maîtrisée qui décuple la force d'un texte fondateur de valeurs essentielles à l'humanité.

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