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JULES PERRIN

Meacutetanutrition Petite Philosophie De Lalimentation

Vincent Thibault



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Mta-Nutrition Vincent Thibault, 2013-10-03 M TA NUTRITION 12 PISTES POUR RECONSIDERER SIMPLIFIER GUÉRIR ET DYNAMISER SA RELATION AVEC LA NOURRITURE Après avoir consacré un livre original la philosophie du sport L'Art du placement ditions du Septentrion Vincent Thibault nous parle de bouffe dans ce pamphlet au contenu la fois simplissime fondamental et révolutionnaire Il en a assez des racontars et de la pseudoscience et nous invite penser ou repenser l'alimentation Il n'est pas tant question ici de régime d'acides aminés de calories de portions ou de brocolis plutôt d'une invitation à la pensée critique Des raisonnements de la logique quelques turlupinades des suggestions pour tous pour enfin cesser de patauger maladroitement dans l'océan d'informations et enfin faire des choix clairs Pour lutter contre le cynisme ambiant la navette des inepties des plus frivoles aux plus graves C'est une façon de retrouver un peu de dignité un peu de liberté quand vient le temps de s'alimenter Une façon aussi de prouver plus de plaisir prendre soin de sa santé et pourquoi pas de celle de la communauté Vincent Thibault est uncrivain et athlète quibois auteur d'une dizaine d'ouvrages parmi lesquels on compte des romans nouvelles et récits remarquables par la critique et des essais ayant trait à la santé et la philosophie Traducteur discret voyageur merveilleux et défenseur de ce qu'il conviendrait d'appeler l'optimisme clair il est directeur de l'Académie quiboise d'art du placement et fut le premier Quibois tre certifié instructeur de cette discipline M ta Nutrition Petite philosophie de l'alimentation pour enfin s'y retrouver et faire des choix clairs est un livre d'idées l'écriture originale qui ne vous laissera pas indifférent www.vincentthibault.com www.facebook.com/vincentthibaultdotcom **Petite philosophie de l'alimentation** Vincent Thibault, 2016 [Manger, c'est penser](#) Kilien Stengel, 2025-05-01 L'alimentation est un art subjectif influencé par des facteurs personnels et sociaux Elle est intrinsèquement liée à l'imaginaire la conscience de soi comme des autres et permet une introspection une redécouverte de son identité L'humain conceptualise son alimentation ce qui lui permet de faire des choix clairs Se nourrir est un acte qui touche à l'être l'existence et au devenir de l'individu qui a la liberté de choisir ce qu'il mange mais aussi la responsabilité de ses choix Un mangeur conscient est attentif aux produits et leurs processus de production et de transformation Cette dimension morale reflète notre vision du bien et du mal du juste et de l'injuste C'est dans cette lecture du sujet alimentaire que l'auteur vous invite à réfléchir avec lui **Philosophie de l'alimentation rationnelle** Louis Turgeon, 1945

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