



U: Une histoire de la crise du milieu de la vie entre fuite, résignation et renaissance (French Edition)

M Amaury Fournial

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Après s'être perdus de vue pendant quelques années, Marie, Alex, Jean, Nicolas et Arthur se retrouvent le temps d'un weekend en Provence. Mais voilà, arrivés à la quarantaine, ils traversent l'hiver de leur vie et sont heurtés de plein fouet par sa rudesse : sentiment d'urgence, sensation de vide, isolement, illusions, projections, carence affective, débauche sexuelle, catharsis, peur de vieillir, démon de midi, séparation, discernement, quête de sens, spiritualité, retour sur soi, changement de vie, transmission, ... Sans en avoir conscience, ils choisissent la couleur de la deuxième étape de leur vie entre fuite, résignation et renaissance. U porte un regard tendre et optimiste sur la crise de milieu de vie à travers une bande d'amis qui nous rappelleront peut être, qui sait, un peu de nous.

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