



Coping With Freedom: Reflections on Ephemeral Happiness

Chantal Thomas

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How can we catch those ephemeral moments when the bold breeze of independence fills our hearts? This book offers insights and courage to help us revel in the game of life, the urge to laugh, the delight of reading, the art of the journey, and the right to say "no" to chains of obligations and family ties. It's a subtle handbook on how to cherish these sensations, so fragile and yet so essential to our personal liberty. An approachable essay on personal freedom, inspired by the author's own 20th century life experience as well as 18th century philosophers, and literary and historical references.

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