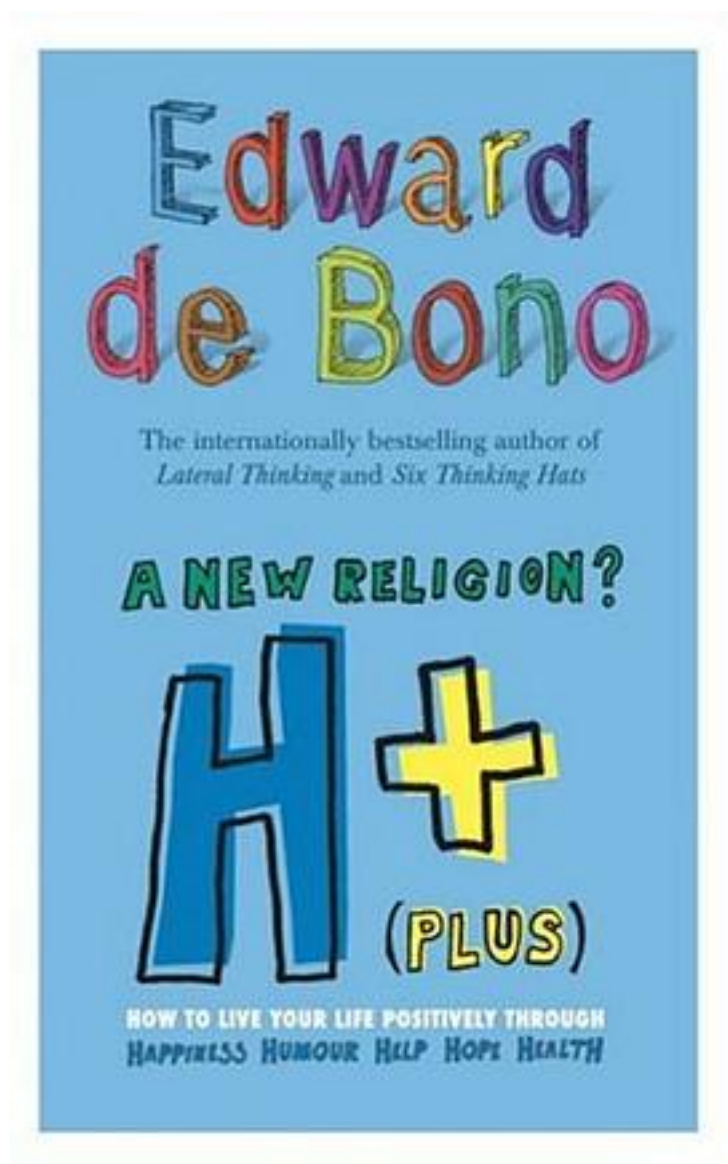


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著者:De Bono, Edward

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Edward de Bono’s groundbreaking new book proposes an entirely positive way of life: with the emphasis not on sins to be avoided, but on things that are to be done.

H+ (Plus) A New Religion? provides a framework for achievement through daily acts of help or contribution. Whether this is offering other people something to laugh at or helping an elderly person cross the road, these altruistic acts bring a sense of achievement, and from achievement comes self-esteem and a belief in oneself.

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