

Calming down in a world without calm

by Francesc Torralba



CALMING DOWN IN A WORLD WITHOUT CALM LETTERS TO A STRESS-RIDDEN WOMAN

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256 pages

Psychology - Philosophy

SYNOPSIS

A stress-ridden woman writes to an even more highly-stressed man and tells him about her affairs and misfortunes, suffering and joy. This sets off a whole series of heart-to-heart letters; a correspondence which goes beyond simple courtesies and good manners. It mines the inner depths of two human beings who are looking for a lull in a world without peace and quiet; some kind of remedy to pacify the soul.

A reflection on time passing by, the memories which bind us and the hopes which dominate us. It is also the portrait of a person – man or woman – who urgently needs a little piece of mind.



ABOUT THE AUTHOR

Francesc Torralba Roselló (Barcelona, 1967) holds a Doctorate in Philosophy and Theology. He chairs ETHOS at the University Ramón Llull which is dedicated to ethical behaviour within organisations. He has written more than fifty books and part of his work has been translated into many languages, like French, German, and Italian. He runs courses and gives conferences around the world and he is a consultant for different non-profit making organisations. *El arte de saber escuchar*, *El sentido de la vida* and *Sosegarse en un mundo sin sosiego* (this last also published by Plataforma). The author's work has been translated into many languages.