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Gentileza, bom humor, desaceleração e felicidade são alguns dos temas discutidos de forma inteligente e divertida por Leila Ferreira. Exímia contadora de histórias e entrevistadora, Leila reflete, a partir de depoimentos colhidos por ela no Brasil e em outros países, sobre a possibilidade de vivermos de forma menos complicada e estressante.

Ao fazer o leitor enxergar, de forma crítica, as ciladas que criamos para nós mesmos, A Arte de Ser Leve aponta para o perigo de emagrecermos o corpo, mas ficarmos com obesidade mórbida de espírito. Que tal experimentar a dieta da alma e incorporar a leveza às nossas vidas?

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