



# Umarme deine Wut: Sutra der Vier Verankerungen der Achtsamkeit (German Edition)

*Thich Nhat Hanh*

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»Die Wurzel unseres Problems liegt in der Wut, die wir in uns selbst tragen; ihr müssen wir uns zuwenden. Unsere Achtsamkeit umarmt das Gefühl der Wut wie eine Mutter, die ihr weinendes

Kind in den Arm nimmt und ihre Zuneigung und Fürsorge spüren lässt.« Thich Nhat Hanh

In Umarme deine Wut vermittelt Thich Nhat Hanh das nötige Rüstzeug zur Wandlung und Heilung alter, negativer Gewohnheitsmuster. Er erläutert die zentrale Lehre des Buddha zur Achtsamkeit auf Körper, Gefühle, Wahrnehmungen und Gedanken und zeigt, wie wir diese Achtsamkeit in der Meditation und im alltäglichen Leben Schritt für Schritt entfalten können.

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