



Der Seelenschlüssel zum Wunschgewicht (German Edition)

Ronald Schweppe, Aljoscha Long

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Wenn die Seele dick macht. - Dieses Buch legt den Schalter um.

Fehl- und Überernährung führen zweifellos zu Übergewicht, doch die eigentlichen Ursachen liegen tiefer. Psychologen wissen das längst: Nicht Pommes Frites oder die Sahnetorte sind es, die dick machen, sondern die Seele. „Wenn die Seele dick macht“ ist jedoch kein Psychologiebuch, sondern ein spiritueller Ratgeber mit Aha-Effekt, der dem Leser verborgene Zusammenhänge und eine nahe liegende, bisher jedoch kaum beachtete Lösung aufzeigt: Statt sich auf Diäten und äußere Maßnahmen zu konzentrieren, geht es darum, seine eigenen Muster zu erkennen und Schritt für Schritt zu durchbrechen.

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