



Seelenstärke: Der achtsame Weg zu Regeneration und Heilung (German Edition)

Maren Schneider

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Der achtsame Weg zur Resilienz

Erinnern Sie sich, wie es sich anfühlt, frisch verliebt zu sein? Einen neuen Job anzutreten? Oder die ersten Sonnenstrahlen bei einem Frühlingsspaziergang zu spüren? Das sind die Momente, wo man sich mit dem Leben tief verbunden fühlt - voller Zuversicht, dass alles möglich ist. Die Welt erscheint heller, leuchtender, freundlicher. Und auch Probleme werden augenblicklich zu machbaren Herausforderungen. Egal, in welcher schwierigen Lebenssituation Sie sich befinden, Sie können jederzeit an diese ursprüngliche Kraft anknüpfen, wieder ganz werden und die Fülle des Lebens genießen. Wie das geht, zeigt Maren Schneider in ihrem einfühlsamen Buch.

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