



Die Kraft gelebter Gegenwart (German Edition)

Michael Brown

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Angst, Wut, Trauer – negative Gefühle wie diese, zurückgehend bis in die Kindheit und längst vergessen geglaubt, beeinflussen täglich unser Erleben und hindern uns daran, absolut im Jetzt zu sein. Jeder Versuch, zu innerem Frieden und Gelassenheit zu gelangen, ist zum Scheitern verurteilt, solange diese Gefühle unterdrückt und ausgeblendet werden. Mit Hilfe Michael Browns 10-wöchiger Reise lernt der Leser, diese Hindernisse zu erkennen und anzunehmen, um schließlich im intensiven Erleben der Gegenwart anzukommen.

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