



Die Wellen des Lebens reiten: Mit Achtsamkeit zu innerer Balance (German Edition)

Linda Lehrhaupt

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Basierend auf östlicher Meditation ist Achtsamkeit ein einfacher, aber wirksamer Ansatz für mehr innere Ruhe. Die positiven Auswirkungen dieser Körper- und Wahrnehmungsschulung sind vielfach medizinisch belegt. Das Praxisbuch zeigt wichtige Übungen sowie Vorschläge für die Umsetzung im Alltag. Einfühlsam und humorvoll motiviert es bei Stolpersteinen und ist so ein idealer Begleiter für Einsteiger und erfahrene Übende.

Achtsamkeit gegen Stress

Eine der besten Selbsthilfemethoden bei Stress, Angst und Depression

Von einer der führenden Achtsamkeitslehrerinnen

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