



ICare: 30 Tage. Achtsamkeit. Glück. (German Edition)

Sandra Boltz

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Der Markt ist voll mit Ratgebern zum positiven Denken und Glück. Doch das, was wir im »Worst Case« wirklich brauchen, kommt meist zu kurz, nämlich ganz konkrete Handlungstipps.

Genau das bietet ICare.

ICare ist ein machtvolleres Werkzeug zur Veränderung.

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