



Achtsamkeit: Mein Schlüssel zum Glück (German Edition)

Hans-Arved Willberg

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Achtsamkeit heißt: zur Ruhe zu kommen, Gutes dankbar wahrzunehmen und Gegebenes, das man nicht ändern kann, zu akzeptieren.

Die gute Nachricht: Achtsamkeit lässt sich einüben. Hans-Arved Willberg zeigt Wege auf, wie Sie Ihre inneren Schweinehunde und Sorgengeister austricksen können.

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