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- Mehr Lebendigkeit und Fröhlichkeit, wo Erstarrung und Stillstand dominieren
- Mehr Fließen und Ruhe, wo Hyperaktivität und innere Leere herrschen

30 Tage genügen, um dieses Ziel zu erreichen, wenn man sich auf die Geschichten und Botschaften, die Ines Draxl vermittelt, mit Geist und Seele einlässt.

Übertriebener Perfektionismus, die Angst zu scheitern, negative Gedankenmuster, mangelndes Selbstvertrauen etc.: Damit machen sich viele Menschen das Leben schwer. In 30 wunderbar einfühlsamen Geschichten geht Ines Draxl diese und viele weitere Konfliktthemen an. Jeder Geschichte folgt eine Botschaft, eine pragmatische Anleitung zur Selbsthilfe. Dieses Buch spricht Geist und Seele an. Lebensfreude und Lebenslust: Das kann gelingen - jetzt!

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