



Der Jackpot des Lebens: Die sechs Richtigen finden (German Edition)

Hermann Meyer

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Die 6 Richtigen: Gesundheit, Liebe, Geist, Zeit, Berufung und eigene Identität

Hermann Meyer hat sich seit vielen Jahren als Autor und Ausbildungsleiter im Lebenshilfebereich etabliert. In seinem neuen Buch „Der Jackpot des Lebens“ greift er auf seine langjährigen Erfahrungen als Persönlichkeitscoach zurück und fasst zusammen, was für ein glückliches, erfülltes Leben notwendig ist.

Millionen Menschen wünschen sich nichts sehnlicher, als einmal im Lotto den Jackpot zu knacken, um damit – so die Vorstellung – ein angenehmes und sorgenfreies Leben führen zu können. Doch Lotto-Millionen sind nur wenigen Menschen beschieden, und die Glücksgefühle, die ein solcher Gewinn auslöst, sind nur von kurzer Dauer. Es gibt jedoch einen anderen Jackpot, einen, der Erfüllung und Glück auf Dauer garantiert: den Jackpot des richtig verstandenen und damit gelingenden Lebens. Anhand vieler Beispiele belegt der Autor, auf welche Qualitäten es wirklich ankommt. In 6 Kapiteln beschreibt Hermann Meyer die großen Themen Gesundheit, Liebe, Geist, Zeit, Berufung und eigene Identität. Er dechiffriert die Gesetzmäßigkeiten und Stolpersteine, die es zu beachten gilt und zeigt, wie man strategisch vorgeht.



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