



Ruhe finden (German Edition)

Dr. August Höglinger

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"In der Ruhe liegt die Kraft" sagt ein altes Sprichwort.

Aber dazu müssten wir sie erst einmal finden.

Wie gelingt es uns, den äußeren und inneren Stress los zu werden?

Wie können wir Körper und Geist sammeln und auf unser Inneres hören?

Wie finden wir aus Ablenkung und Äußerlichkeit wieder zu uns selbst zurück?

Wenn es uns glückt, uns auf das Wesentliche zu konzentrieren, erfahren wir Ruhe und Gelassenheit.



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