



# Sinnspuren: Dem Leben antworten (German Edition)

*Alfried Längle*

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Lebensfragen - aufgeworfen und beantwortet von einem langjährigen Mitarbeiter Viktor Frankls.

Fragen des Lebens, Fragen an das Leben, Lebensfragen.

Was zählt im Leben? Wie können Zugänge zum Leben gefunden werden?

In diesem Buch werden grundsätzliche Lebensthemen neben Alltagsproblemen und Sinnfragen in kurzen, griffigen Sätzen vorgestellt. Reflexionen und meditatives Fragen binden die eigene Erfahrung mit ein und regen zu einer individuellen und kreativen Auseinandersetzung mit dem Thema an - auf der Suche nach Leben, nach Erfüllung, nach Sinn.

"Wenn nicht ich es tue -

wer soll es tun?

Wenn ich es nicht jetzt tue -

wann soll ich es tun?

Und wenn ich es nur für mich tue -

was bin ich dann?"

(Hillel)



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