



Buddhas Buch der Gelassenheit: Kleine Übungen für ein stressfreies Leben (German Edition)

Joseph Emet

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Sich selbst das Geschenk inneren Friedens machen

Auch in den kleinen und großen Stürmen des Alltags ist es möglich, innere Ruhe zu finden! Den Schlüssel dafür gab uns bereits Buddha an die Hand – und Meditationslehrer Joseph Emet versteht es meisterhaft, dieses uralte Lebenswissen in unseren Alltag zu übersetzen. Seine Übungen können in allen belastenden und schwierigen Situationen angewendet werden und führen innerhalb kürzester Zeit zu Gelassenheit und einem klaren Geist. Ein Buch, das auf charmante Weise zeigt, wie man dem Stress ein Schnippchen schlägt und einfach entspannter lebt – keineswegs nur für praktizierende Buddhisten.

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