



Mein Taschencoach: Die 15 besten Selbsthilfemethoden von Atemberuhigung bis Quantenheilung (vak kompakt) (German Edition)

Susanne Marx

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Auf Regen folgt Sonnenschein, auf jede Krise folgt ein neuer Anfang. Damit das leichter gelingt, gibt es eine Unmenge an Selbsthilfetechniken - doch welche Methode eignet sich für welches Problem? In diesem kleinen Ratgeber werden erstmals die bewährtesten Methoden aus westlichen und östlichen Traditionen aufgeführt, denen eines gemeinsam ist: Sie sind leicht anzuwenden, äußerst effektiv und sie helfen sofort. Jede Technik wird kurz und leicht verständlich vorgestellt. Dazu gibt die erfahrene Autorin hilfreiche Tipps aus ihrer Praxis sowie interessante Hintergrundinformationen über die Wirkungsweise. Hier finden Sie die Top 15 der besten Selbsthilfetechniken!

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