



## Achtsamkeit : Kleine Übungen für jeden Tag

By Pirmin Loetscher

Giger Verlag Sep 2017, 2017. Taschenbuch. Condition: Neu. Neuware - 'To Go' Pocketbücher für jeden Tag, als persönliche Auszeit, zum Innehalten, einfach zum Lesen. In seiner 'To Go' Buchreihe schafft Bestsellerautor Pirmin Loetscher kleine Auszeiten für jeden Tag. Dank Achtsamkeit, Loslassen und Entschleunigung findet der Leser zu mehr Bewusstsein, befreit sich von Mustern und gewinnt so mehr Zeit für sich selbst. Der Fokus liegt dabei auf einfachen Übungen und Tipps für den Alltag. Zu diesen Büchern wurde auch eine CD mit Meditationen produziert, die separat erhältlich ist. 120 pp. Deutsch.



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