



Ich geh' offline: Meditative Walking-Praxis (German Edition)

Günter Lehmann, Thomas Ludwig

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Sind Sie immer in Bewegung? Sind Sie beruflich stark engagiert, Führungskraft oder Unternehmer(in)? Halten Sie die Dinge am Laufen? Beschleicht Sie manchmal das Gefühl, dass Sie einfach mehr Power haben als andere? - Dann sind Sie ein Mover! Ein Mover zu sein ist eine tolle Sache, denn man wird gemeinhin respektiert und auch bewundert, weil man so leistungsfähig ist. Gibt es etwa auch Schattenseiten? Ja, die gibt es!

Es ist sehr schwierig Raum für notwendige Erholung zu schaffen, wenn man von seinem Naturell her aktiv und energiegeladen ist. Kann Stress nicht mehr abgebaut werden, geht er in Überlastung über und führt zu Krankheiten wie z.B. einem Burnout.

In diesem Buch finden Sie eine praxisorientierte und präzise Anleitung, die auf Ihren Alltag zugeschnitten ist. Sie ermöglicht es Ihnen Ihre vitale Persönlichkeit mit der Ruhe einer wirksamen Meditation zu kombinieren und somit Stress und Überlastung vorzubeugen.

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