



Eroberere dein Leben zurück (German Edition)

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Immer wiederkehrenden Gedankenschleifen und Grübeleien. Hätte ich doch bloß und wäre ich nur ... Wir möchten so gerne loslassen und weitermachen, weil wir ja wissen, dass sie uns nicht guttun, sondern nur blockieren und lähmen. Aber wie nur? Die Loslass-Expertin Sigrud Engelbrecht bietet erprobte Techniken und einfache Methoden, wie wir unsere Gedanken wieder ins Hier und Jetzt lenken und zu uns selbst finden. Schluss mit durchgrübelten Nächten und zermürenden Gefühlen. Wir können den Ballast abwerfen und die Leichtigkeit zurückgewinnen.

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