



30 Minuten Menschlichkeit (German Edition)

Monika A. Pohl

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Allerorts hört man Klagen, mit der Menschlichkeit sei es in der heutigen Zeit nicht weit her. Stimmt das? Wie ist es um die Menschlichkeit in unserer Gesellschaft bestellt? Und was kann jeder von uns konkret tun, um das (Zusammen-)Leben wertvoller zu gestalten? Denn nur, wenn es dem Einzelnen gelingt, kritisch über den Tellerrand zu schauen und seine innere Haltung achtsam und wertebasiert auszurichten, wird eine Veränderung im großen Rahmen möglich. Ziel dieses Ratgebers ist es, Sie für die zahlreichen Facetten der Menschlichkeit zu sensibilisieren, zum Nachdenken anzuregen und durch gezieltes Hinterfragen zu Ihrer eigenen Orientierung und Wertereflexion beizutragen.

Mit dem Erlös des Buches unterstützt die Autorin die Aktion Deutschland Hilft.

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