



Seelen-Coaching: Wege zu Gelassenheit und Lebensfreude (German Edition)

Michaela Merten

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Den Zeitkrankheiten Orientierungslosigkeit, Verunsicherung und „Affluenza“ begegnet die bekannte Schauspielerin und Moderatorin Michaela Merten mit ihrem persönlichen Mutmachbuch. „Seelen-Coaching“ schildert die Höhen und Tiefen ihres Lebens und ihre daraus resultierenden Einsichten. In fünf Stufen hilft sie LeserInnen zu einer neuen Lebensqualität. 1) Bestandsaufnahme – Wo stehe ich, wo will ich hin? 2) Richtige Ziele setzen. Tipps zu Entschleunigung und einem achtsamen Leben. 3) Loslassen, Verzeihen. Techniken für innere und äußere Reinigung. 4) Vernünftig reduzieren mit guter Ernährung, gesundem Wohnen und Freunden, auf die Verlass ist. 5) Den inneren Kritiker erkennen und Selbstliebe entwickeln. Michaela Merten führt von innen nach außen – nicht umgekehrt, wie es dem inhaltslosen Zeitgeist der Verpackungsmeister und Schönheitsoperationen entspricht. Für ein breites Publikum zeigt die erfolgreiche, viel bewunderte Frau in prägnanter Sprache praktische Wege für die harmonische Balance von Körper, Geist und Seele.

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