



Glück to go: 20 kompromisslose Selbstversuche, die tägliche Dosis Glück zu finden (German Edition)

Christiane Hagn

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Als sich Christiane Hagn eines Tages die Frage 'Bist du glücklich?' selbst vor dem Badezimmerspiegel stellt, fällt ihre Antwort länger aus als erhofft: 'Also, ganz grundsätzlich gesehen bin ich bestimmt nicht unglücklich, außer ...' In diesem Moment beschließt sie, von nun an alles dafür zu tun, diese Frage zukünftig mit einem klaren 'Ja!' beantworten zu können. Schließlich gab es sie ja, die Glücksmomente in ihrem Leben – auf ihren vielen Reisen, als sie das letzte Mal verliebt war ...

Doch ihr Ziel ist nun, dauerhaft und vor allem alltagskompatibel glücklich zu werden.

In einem gewagten Selbstexperiment unternimmt die Autorin 20 Versuche, um das Glück aufzuspüren, einzufangen und festzuhalten. Ob Lachyoga, Fasten, Base-Flying, Zumba-Tanzen oder Besinnung im Kloster – alles, was Glück verheißt, wird kurzerhand von ihr ausprobiert und ausgewertet. In Glück to go erzählt Christiane Hagn in 20 humorvollen, ehrlichen, berührenden und nicht zuletzt beglückenden Geschichten von ihrer rasanten Glückssuche ...

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