



Die Heilkraft der Wertschätzung: 10 Wege zu einem erfüllteren Leben (German Edition)

Kurt Tepperwein

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Der Türöffner für ein Leben mit der Wunderkraft der Wertschätzung.

Die Wunderkraft der Wertschätzung liegt als verborgene Energiequelle in uns. Wir können sie jederzeit aktivieren. Kurt Tepperwein gibt uns in seinem neuen Buch zehn griffige Methoden dafür an die Hand. Zum Beispiel uns selbst zu erkennen, denn nur dann können wir lernen, uns wertzuschätzen. Oder in allem, was wir tun, achtsam zu sein. Denn wenn wir Wertschätzung geben und empfangen, wird unser Alltag und unser Umgang mit den Menschen in unserer Umgebung zielgerichteter und erfüllter sein.

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