



# Lass los, was dich festhält: Von der Kunst, du selbst zu sein (German Edition)

*Penny McLean*

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Ein leicht lesbares, auch unterhaltendes Praxisbuch mit hohem Anwendernutzen

Wie kann man so werden und leben, wie man wirklich ist – inmitten einer Lebenswelt, die darauf angelegt zu sein scheint, den Menschen von der Erfüllung seines Seelenauftrags abzulenken?

Die berühmte Lebenslehrerin weiß, wie das geht. Wie sich, allen Widrigkeiten und Unzulänglichkeiten zum Trotz, der eigene Lebenstraum erfüllen lässt. Und wie die spirituelle Dimension zum selbstverständlichen Teil des Alltags gemacht wird. Ihr Schritt-für-Schritt-Programm ist überall und jederzeit anwendbar. Mit diesem neuen großen Buch öffnet Penny McLean die Schatztruhe ihres immensen Lebenswissens und ihrer jahrzehntelangen Erfahrung als Lebenslehrerin.

- Wie man schädliche Denk- und Verhaltensrituale, an denen man festklebt, loslässt
- Wie man bohrende Zweifel loslässt, sich auf ein Ziel konzentriert und unbeirrt seinen Traum verwirklicht
- Wie man schlechte Gewohnheiten überwindet, um sein Leben neu erfinden zu können
- Wie schließlich das Ego erlöst und das Selbst geboren wird

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