



Die Schlüssel für deine Gesundheit (German Edition)

Lara Bernardi

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Erkenne ganz neue Möglichkeiten, tanke Kraft und Motivation. Dadurch kann sich dein Körper auf natürliche Weise regenerieren. Deine Gesundheit ist dein Fundament und die Grundlage für ein glückliches Sein. Stärke sie und aktiviere deine Selbstheilungskräfte!

Du trägst die Schlüssel für deine Gesundheit in dir. Je nachdem, wie du dich ausrichtest, produzierst du durch deine Gedanken, Worte und Taten Gesundheit, Reichtum und Freude. Deshalb wirst du in diesem Buch auf eine liebevolle, sanfte Art geführt, sodass du die Kraft in dir spürst. Du erkennst die Kraft der Liebe und entwickelst das Bewusstsein, dass du jeden Moment durch richtiges Handeln deinem Leben neue Perspektiven geben kannst. Du erhältst Motivation und Hilfestellungen, die du in deinem Alltag nutzen kannst. Ein besonderes Extra ist zudem die „Notfallapotheke“ mit einfachen, kompakten Übungen.

Dein Leben darf Freude machen. Du darfst glücklich sein. Du darfst ganz gesund sein und dich in deinem Körper wohlfühlen!

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