



Paradies im Alltag - Paare gestalten das Glück ihrer Liebe (German Edition)

Michael Cöllen

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Liebesbeziehung und Liebesglück zu gestalten ist die Lebensaufgabe. Sich um das Glück zu kümmern, damit es nicht verkümmert, ist die Herausforderung an die Liebenden. Paradies und Alltag – wie bewältigen Liebende diesen Widerspruch?

Michael Cölln vermittelt mit seinem „Lernmodell Liebe“ auf der Basis von Paarsynthese Wege und Werkzeuge, die hohen Gefühle der Liebe auch im Alltag vertiefen und zukunftsfähig gestalten zu können. Er stellt Paarkonferenzen vor, die Paaren eine hilfreiche Struktur im Alltagsstress oder im Chaos der Gefühle geben und die für das Glücksempfinden sensibilisieren. Zahlreiche Rituale und Übungen der Liebe laden dazu ein, kreatives Potenzial zur Gestaltung von Glück zu entfalten.

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