



Achte Dich selbst!: Die innere Kunst des Gebens und Annehmens (German Edition)

Patricia Spadaro

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Achte Dich selbst!: Die innere Kunst des Gebens und Annehmens (German Edition) Patricia Spadaro
Gewinner des Nautilus Award und des National Indie Excellence Award.

Dieses Buch zeigt, wie Sie ein Leben voller Hingabe führen können - und gleichzeitig all Ihre Möglichkeiten entfalten. Sollen Sie sich für andere aufopfern oder selbst beschenken? Großzügig sein oder Grenzen setzen? In einer Beziehung bleiben oder sich daraus verabschieden? Wenn Sie die Schritte lernen, um das Gleichgewicht zu halten, können Sie tanzen - und es offenbart sich der Zauber des Lebens.

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