

Der 6-Minuten-Coach: Schenk dir Selbstliebe (German Edition)

Pierre Franckh



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Der 6-Minuten-Coach: Schenk dir Selbstliebe (German Edition) Pierre Franckh Schenk dir mehr Selbstliebe!

Pierre Franckh setzt seine wunderbaren, hirngerechten und tiefenwirksamen 6-Minuten-Übungen fort – zum vielleicht wichtigsten Thema überhaupt: der Liebe zu uns selbst. Wir sollten uns fragen: Liebe ich mich selbst so wie ich bin? Habe ich Vertrauen in mich und meine eigenen Fähigkeiten? Oder lechze ich nach Liebe und Respekt von außen, statt sie mir selbst zu geben? Dann ist es Zeit für 6 Minuten täglich nur für mich!

Gekonnt und gewohnt liebevoll zeigt Franckh, wie wir unsere Selbstverhinderungsprogramme an der Wurzel packen. Mit ebenso spielerischen wie hilfreichen Übungen weist er den Weg zu mehr Selbstachtung, - akzeptanz und zu unserem authentischen Ich.

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