



# **Das geheimnisvolle 1x1 der Lebenskunst: Oder: Warum Vegetarier keine Currywurst essen (German Edition)**

*Torsten Reters*

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Vielleicht haben Sie sich auch schon einmal gefragt, wie man - angesichts von Alternativen - richtig entscheidet, um nicht ins Unglück zu stürzen? „Das geheimnisvolle 1x1 der Lebenskunst“ gibt mit Blick auf die Tücken des Daseins sowohl humorvolle als auch tiefgründige Antworten: Der Soziologe Torsten Reters führt uns aus den Tretmühlen der Geldwirtschaft und der kapitalistischen Work-Life-Balance zu den Wundern der Liebe und des Glücks. Ein effektiveres Krisenmanagement und ein besseres Zeit-Verstehen helfen dem Leben mit mehr Gelassenheit zu begegnen. Auf den Spuren illustrier Querdenker wie Buddha, Erich Fromm, Tom Hodgkinson, Niklas Luhmann und Paul Watzlawick entfaltet das Buch die Grundzüge einer optimistischen Spiritualität. „Das geheimnisvolle 1x1 der Lebenskunst“ gibt praktische Tipps für den Alltag und zeigt, wie wir unser Lebensgefühl erfolgreich verbessern können!

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