



Introvision - die Kunst, ohne Stress zu leben (German Edition)

Renate Dehner, Ulrich Dehner

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Unsere Wirklichkeit ist oft gar nicht so schlimm, wie die befürchteten Katastrophen, mit denen wir uns das Leben unnötig schwer machen. Mit Hilfe der Introvision können wir lernen, unseren Blick der Realität anzupassen. Statt uns mit Befürchtungen zu stressen, dass etwas passiert oder dass etwas nicht geschieht, was dringend eintreten sollte, richten wir unsere ganze Achtsamkeit auf die Wirklichkeit, wie sie ist. Das befreit von unnötigem Stress, entspannt und macht uns frei.

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