



Mein innerer Wolf: Mit Achtsamkeit aus dem Gefühlschaos (German Edition)

Agata Danis

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Menschen funktionieren nicht - Menschen leben! Sie führen ein buntes Leben mit Höhen und Tiefen.

Agata Danis, eine der erfolgreichsten Coaches in Österreich, zeigt anhand von Geschichten aus ihrem Coaching-Alltag, wie man aus verschiedenen Lebenskrisen lernen und als Gewinner hervorgehen kann. Mit einem "Mehr" an Achtsamkeit, emotionaler Intelligenz, Empathie und Selbstwahrnehmung wird das Leben wesentlich lebenswerter.

Sie werden sich in diesen Geschichten wiederfinden, weil es um alltägliche Fragen der beruflichen Herausforderungen geht, um Liebeskummer und auch um Gesundheit. Wie können auch Sie Erfolg und Erfüllung verbinden, Lebensfreude finden, mit Veränderungen im Leben umgehen?

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