



# Schenk dir Stille: Eine Einladung zum Innehalten (German Edition)

*Gunilla Norris*

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**Schenk dir Stille: Eine Einladung zum Innehalten (German Edition)** Gunilla Norris

Der Stille lauschen, dem Leben begegnen, zu sich selbst finden

Ständige Erreichbarkeit, ein übervoller Terminkalender, Leistungsdruck – wo bleibt da noch Zeit für sich selbst? Gunilla Norris zeigt, dass man trotz Stress und Hektik einen Ort der Ruhe finden kann. Ihre Anregungen sind einfach und klar: Achtsam sein. Atmen. Aufrecht sitzen. Bei sich bleiben. Fast wie von selbst taucht man beim Lesen in den Zustand der Stille ein, klärt den Geist und findet zu neuer Lebenskraft.

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