



Ändere dein Leben - erfinde dich neu! -: Wie Sie Blockaden erkennen und den Neubeginn wagen (German Edition)

Mario Alonso Puig

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Wie wir die Grenzen unseres Denkens überwinden und das erreichen, was bislang unmöglich schien

Wir stoßen im Leben immer wieder auf Hindernisse und Probleme, auf die wir häufig wie gelähmt reagieren. Dr. Mario Alonso Puig zeigt, dass es unser eigener Verstand ist, der uns in unseren Möglichkeiten beschränkt. Doch sobald wir die Grenzen unseres Denkens überwinden, können wir das erreichen, was bislang unmöglich schien. Sei es im privaten Umfeld, in der Beziehung zum Partner oder bei beruflichen Veränderungen– wer sein wahres Ich entdeckt, gewinnt ein neues, glücklicheres Leben.



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