



Der Glücksweg: Kommen Sie endlich da an, wo Sie hinwollen (German Edition)

Bernhard Fenn, Claudia Christ

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Glück zum Festhalten

Dauerhaftes Glück ist weder Zufall noch bloßes Schicksal – es ist erlernbar: Das ist die überraschende Botschaft von Claudia Christ und Bernhard Fenn. In ihrer ebenso praktischen wie inspirierenden Anleitung zum Glücklichsein zeigen sie, wie jeder seine ganz persönliche Glücksbalance finden kann. Für nachhaltige und tiefe Zufriedenheit statt schnell vorbeiziehender Glücksmomente!

Jeder Mensch muss in seinem Streben nach Glück seinen eigenen Weg finden. Oft bewegen wir uns jedoch auf Irrwegen und verrennen uns – und verpassen unser Ziel. Doch es geht auch anders: Anhand der klaren Übungen und zahlreichen Tests erfahren wir in diesem Ratgeber Grundlegendes über uns selbst. "Welcher Glückstyp bin ich? Welche Vor- und Nachteile hat mein bisheriger Glücksweg, und wie kann ich eine neue Richtung einschlagen?" Die Autoren geben praktische Orientierung auf dem Weg zum nachhaltigen Lebensglück und führen zu einer ganz neuen Erkenntnis: Auch beim Glücklichsein macht Übung den Meister!

In fünf Schritten zum nachhaltigen Lebensglück.

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