



12 Schlüssel zur Gelassenheit: So stoppen Sie den Stress (German Edition)

Sabine Asgodom

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Gelassenheit ist nicht nur etwas für Romantiker. Gelassenheit ist ein Lebensgefühl, das uns auch in schwierigen Zeiten einen ruhigen Kopf bewahren lässt, inmitten von Hektik und Unsicherheit, von Krise und Euphorie. Auch wenn die Zeiten stürmisch sind, müssen wir auf Lebensfreude nicht verzichten. Vor allem dürfen wir nicht glauben, das Rezept hieße immer schneller, immer atemloser durchs Leben zu rennen. Im Gegenteil: Lebensfreude kann sich erst dann breit machen, wenn wir wieder einmal innehalten und uns umschauen: Wo bin ich, wo sind die anderen? Stimmt der Weg noch, auf dem ich mich befinde? Lohnt der Preis noch, den ich für meine Ziele zu zahlen habe?

Die zwölf Schlüssel für ein gelasseneres Leben:

- Achtsamkeit
- Balance
- Dankbarkeit
- Ehrlichkeit
- Einfachheit
- Geduld
- Großzügigkeit
- Hingabe
- Humor
- Klugheit
- Mut
- Vertrauen

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