



Mentaltraining: Der Weg zur Freiheit (Dein Leben) (German Edition)

Nikolaus B. Enkelmann

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"Nehmen Sie sich die Freiheit der zu werden, der Sie wirklich sind!" (Nikolaus B. Enkelmann)

Freiheit und Erfolg - beides beginnt im Kopf. Die meisten Menschen sind jedoch Gefangene ihrer eigenen, meist negativen Gedanken. Dieses Buch macht deutlich, welche Kraft das Unterbewusstsein hat. Die Zusammenhänge zwischen den eigenen Gedanken und Erfolg bzw. Nicht-Erfolg werden einleuchtend dargestellt. Zugleich wird konkret gezeigt, wie man mittels Entspannung und Autosuggestion seine Gedanken lenken kann. Dadurch wird es möglich, seine eigenen Kraftreserven und Ressourcen zu aktivieren und sein Leben bewusster zu steuern.

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