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DAS KLEINE BUCH DER RUHE UND GELASSENHEIT



Heyne Taschenbuch Okt 2017, 2017. Buch. Condition: Neu. Neuware - Das Wunder der Gelassenheit erleben Wenn der Alltag stresst und der Kopf nicht zur Ruhe kommen will, kann dieses bezaubernde Buch Wunder wirken. Ashley Davis Bush präsentiert einfache Übungen, die in Minutenschnelle helfen, spürbar gelassener durchs Leben zu gehen. Egal, ob Sie mit dem Auto im Stau stecken, eine wichtige Prüfung vor sich haben oder eine lange To-do-Liste abarbeiten müssen - für jede Situation gibt es die passende Technik, um Körper...

Read PDF Das kleine Buch der Ruhe und Gelassenheit

- Authored by Ashley Davis Bush
- Released at 2017



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