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GEDANKEN VOLLER GELASSENHEIT



Groh Verlag Jun 2015, 2015. Buch. Condition: Neu. Neuware - Ein Buch, das zu mehr Ruhe im Alltag anregt In Zeiten von Stress und Hektik wünschen wir uns oft kleine Pausen zum Durchatmen oder Momente, in denen wir unseren Gedanken nachhängen und neue Energie schöpfen können. Und doch fällt es uns oft gar nicht leicht zu entspannen. Stattdessen kreisen die Gedanken um Termine, Aufgaben und andere Verpflichtungen. 'Gedanken voller Gelassenheit' hilft Ihnen dabei, den Alltag entspannter zu meistern. Das ideale...

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