



# Nicht ohne meinen Rettungsring: Glücksmomente für den Alltag (German Edition)

*Pierre Franckh, Michaela Merten*

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Seelische Rettungsringe nutzen

Wer kennt das nicht: die Situationen und Augenblicke, wenn einem alles zuviel wird und über den Kopf wächst, wenn es zu laut ist, zu hektisch, zu verwirrend. Gut, wenn man da einen Rettungsring zur Hand hat. Die Bestsellerautoren Pierre Franckh und Michaela Merten haben sich darauf spezialisiert, den Menschen die kleinen Glücksmomente im Alltag zu zeigen, die Großes auslösen können: Freude, Zufriedenheit, Gesundheit. Mit viel Humor setzen sie ihre Rettungsringe in Bild und Text ins Szene und motivieren, den eigenen Fokus mehr auf die schönen Momente im Leben zu lenken.

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