



How to get Veränderung: Krisen meistern, Ängste loslassen, das Leben lieben! (German Edition)

Patrick Lynen

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Viele Menschen durchleben derzeit mehr Ängste, Aufregungen und Sorgen als jemals zuvor. Sie haben den Eindruck, dass ihnen die Dinge entgleiten. Sie haben das Gefühl, selber machtlos zu sein, während sich ihre Umgebung massiv verändert. Kann man angesichts der fundamentalen Umbrüche in der Welt noch ein entspanntes Leben führen? Ja, sagt Bestsellerautor Patrick Lynen und geht sogar noch einen Schritt weiter: Jede Veränderung im Außen können wir geschickt für uns nutzen. Lynen zeigt auf, warum wir die aktuellen Ereignisse als große Chance begreifen können. Ganz nach dem Motto: Clever denken - klüger handeln - gelassener leben.

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