



Verwirklichen: Vom positiven Denken zum positiven Leben (German Edition)

Kurt Tepperwein

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Alle Menschen haben innere Ressourcen, mit denen sie Großes und Einmaliges schaffen können. Doch viele haben noch nicht den richtigen Kontakt zu ihrem persönlichen Potenzial. Kurt Tepperwein legt hier ein praktisches und methodisches Konzept vor, um diese Ressourcen zu erschließen. Er zeigt, wie wir unerwünschte Emotionen und Eigenschaften – Ärger, Ängste, Zweifel etc. – verwandeln und unseren persönlichen positiven Eigenschaften und Errungenschaften Ausdruck verleihen.



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