



Dankbar leben: Zufriedenheit entwickeln und entfalten (Quadro 52) (German Edition)

Kerstin Hack

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Man kann nicht gleichzeitig dankbar und unglücklich sein. —Christiane Deutsch

Dankbare Menschen sind zufriedener und gesünder. Sie erleben weniger Stress und Depression. Gene und Prägung spielen eine Rolle, doch es ist keine reine Glückssache, ob man dankbar ist. Eine Haltung der Zufriedenheit kann man lernen und einüben. Dieses Quadro zeigt, wie man die Perspektive wechseln und Schätze im Alltag mehr wahrnehmen kann. Und auch in schwierigen Zeiten Grund zum Danken findet. Fragen und Handlungsimpulse helfen dir, das Gelesene praktisch umzusetzen. Das Quadro inspiriert und begleitet dich bei deinem Lernprozess mit vier Impulsen pro Tag: ein prägnantes Zitat, ein anregender Denkanstoß, eine provokante Frage und ein praktischer Handlungsimpuls. Ideal für alle, die innerlich reich leben wollen.

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Kelsey Palermo:

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