



One Moment Meditation: Stille in einer hektischen Welt (German Edition)

Martin Boroson

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Wie viele alltägliche Momente gehen Ihnen "verloren", z.B. an der Kasse im Supermarkt, im Stau auf der Autobahn oder in langweiligen Meetings?

Was wäre, wenn Sie solche Momente dazu nutzen könnten, um ruhiger, ausgeglichener und zufriedener zu werden? Wie das geht? Martin Boroson gibt darauf eine einfache Antwort: One Moment Meditation. Indem Sie nur eine Minute lang meditieren, können Sie jeden Moment nutzen, um in kürzester Zeit zu entspannen, Stress abzubauen, den Geist zu erfrischen und kreative Kräfte zu wecken. Fundiert, spielerisch und vor allem praktisch zeigt Boroson, dass innerer Frieden kein unerreichbares Ziel ist das viel Zeit erfordert. Es braucht tatsächlich nur einen Moment.

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