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*Diana Cooper*

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(German Edition)** Diana Cooper  
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Frieden fängt im Innern an – eine jedem bekannte Wahrheit, nach der zu leben überaus lohnend ist. Wer eins mit seinem innersten Kern ist, lässt Angst und Hass los, wird heil und gesund an Körper und Seele. Diana Cooper inspiriert und ermuntert ihre Leserinnen und Leser durch praktischen Rat, leicht erlernbare Übungen und zahlreiche Beispiele, in sich selbst jenen inneren Ort zu finden, aus dem die unversiegbare Kraft des Friedens strömt.

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