



## Nimm dein Problem und geh los!

By Thom Hartmann

VAK Verlags GmbH Mrz 2007, 2007. Buch. Condition: Neu. Neuware - Wir alle kennen das: Da bedrückt uns ein Problem oder ein schmerzliches Erlebnis dämpft unsere Stimmung - dann gehen wir ins Freie, verschaffen uns Bewegung - und bald stellt sich Erleichterung ein! Thom Hartmann hat das näher untersucht und dabei herausgefunden: Bewusstes Gehen mit gleichzeitiger Einstimmung auf unser Thema aktiviert beide Gehirnhälften. Das löst auf einfache Weise emotionale Belastungen und bringt neue Motivation, Kreativität, Ausgeglichenheit. So genial wie die Methode selbst ist ihr englischer Name: Walking your blues away! 158 pp. Deutsch.



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