



Maybe - die Kraft des Möglichen: Sorgen loslassen, leichter leben (German Edition)

Allison Carmen

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Selten geht alles nach Plan, und allzu oft blockieren uns Ängste und Sorgen. Hier eröffnet das Maybe-Prinzip ganz neue Zukunftsperspektiven. Es geht von der Grundhaltung aus: Vielleicht kommt alles ja doch besser als befürchtet. Eine solche offene Haltung ermöglicht, negative Denkmuster zu überwinden und die verborgenen Möglichkeiten des Lebens zu entdecken.

Mit Hilfe vieler anschaulicher Beispiele aus ihrer Beratungstätigkeit zeigt Allison Carmen, wie positives Denken zu mehr Gelassenheit und Leichtigkeit führt. Konkrete Übungen helfen den Leserinnen und Lesern, die Kraft des Möglichen im Alltag zu erfahren und zu einem sorgenfreieren und glücklicheren Leben zu finden.

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