



Der 6-Minuten-Coach: Erfinde dich neu!

Pierre Franckh

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Wir treffen jeden Tag viele neue Entscheidungen, - aber das scheint nur so. Tatsächlich sind unsere Entscheidungen nichts anderes als antrainierte Routinen. Sind diese negativer Art, sind sie verantwortlich für unsere Misserfolge, dafür keinen Partner zu finden oder für das Gefühl, ein Verlierer zu sein. Doch unser Gehirn ist veränderbar. Mit effektiven Übungen können wir neue, positive Gewohnheiten aufbauen - und brauchen dafür nicht mehr als 6 Minuten am Tag. Bereits nach 21 Tagen kann die so entstehende positive Grundhaltung eine erstaunliche Aufwärtsspirale in unserem Leben in Gang setzen.

Pierre Franckh und Michaela Merten bieten Affirmationen und Meditationen, die in nur 6 Minuten entscheidende Impulse setzen, um positive Veränderungen in unserem Leben anzustoßen.

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