



# **Kampfkunst des Herzens: Wie wir emotionale Angriffe ins Positive wenden (German Edition)**

*Peter Michael Dieckmann*

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Ein neuer Zugang zur östlichen Weisheit.

Wir alle kennen schwierige Lebensphasen, in denen uns ein scharfer Gegenwind das Leben schwer zu machen scheint, und Phasen, in denen uns ein freundlicher Rückenwind bestärkt und das Leben leicht macht. Beides als gleichermaßen wichtig anzunehmen und wie einen Austausch von Geben und Nehmen zu bejahen, ist das Geheimnis eines erfüllten Lebens – nur leicht fällt uns das nicht. Peter Michael Dieckmann vereint in sich sowohl die Erfahrung als harter Kerl bei der Kriminalpolizei als auch als achtsamer Reiki-Meister und Seminarleiter. Er gibt Rat, wie wir für uns sorgen können, wenn das Leben uns angreift.

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