



Die Kraft des inneren Friedens: Aus der inneren Mitte Zuversicht, Gelassenheit und Freude schöpfen (German Edition)

Diana Cooper

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**Die Kraft des inneren Friedens: Aus der inneren Mitte Zuversicht, Gelassenheit und Freude schöpfen
(German Edition)** Diana Cooper
Frieden im Selbst und in der Welt

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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