



So leicht geht Meditation für Dummies (German Edition)

Stephan Bodian

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Den Körper entspannen und den Geist beruhigen

Sie wünschen sich, dass mehr Ruhe und Gelassenheit in Ihren Alltag einkehrt und Sie endlich einmal entspannen können? Versuchen Sie es doch einfach einmal mit Meditation. Hier erfahren Sie, wie Meditation funktioniert und wie Sie damit Stress abbauen können. Stephan Bodian zeigt Ihnen, wie Sie die einfachen Übungen in Ihren Alltag integrieren und so Kraft und Energie für mehr Ausgeglichenheit und Lebensfreude tanken können.

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