



Die vier Quadranten des Lebens (German Edition)

Jürgen Beck

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Unsere vier "Quadranten des Lebens", der spirituelle, mentale, emotionale und physische, funktionieren wie ein durchdringendes und miteinander arbeitendes System. Was auf einem dieser Quadranten lastet, hat direkte Auswirkungen auf alle anderen. Das Wissen darüber, wie das passiert, hilft enorm dabei, eine gesunde Balance herzustellen. Dieses Buch ist ein wichtiger Stein auf dem Weg zum Wohlbefinden im Übereinklang mit allen Quadranten Ihres Lebens.

Inhalt:

Kapitel 1: Physisches Wohlbefinden

Kapitel 2: Emotionales Wohlbefinden

Kapitel 3: Spirituelles Wohlbefinden

Kapitel 4: Mentales Wohlbefinden

Kapitel 5: Wie verbringen Sie Ihre Zeit?

Kapitel 6: So kommen Sie in den Fluss

Kapitel 7: Senken Sie Ihren Stress

Kapitel 8: In der Spur bleiben

Zusammenfassung

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