



Das Wunder des bewussten Atmens (German Edition)

Thich Nhat Hanh

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Thich Nhat Hanh,

vietnamesischer Zen-Meister, Dichter und Vertreter eines sozial-engagierten Buddhismus, stellt in diesem Buch die sechzehn Methoden des bewussten Atmens vor. Sie sind ein erprobter Weg zu mehr Gelassenheit und innerem Frieden. Die innere Ausrichtung auf den Atem hilft, in der Gegenwart zu leben, uns und unsere Umgebung umfassender wahrzunehmen und mit den Wundern des Lebens in Kontakt zu sein.

Bewusstes Atmen ist der Schlüssel zu einem bewussten Leben.

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