



Das Yin-Prinzip: Entdecke deine weibliche Essenz (German Edition)

Daniela Hutter

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Hingabe, Empfindsamkeit, Mitgefühl – in unserer rationalen und effizienten Welt bleiben weibliche Qualitäten oft ungelebt. Wie können wir unser Leben verändern und gestalten, um diese Yin-Qualitäten wieder zu fördern? Wie kann es gelingen, sich wieder mit der weiblichen Essenz zu verbinden? Daniela Hutter entwirft die Vision einer versöhnten Polarität von Mann und Frau, die unser ganzes Sein und unsere Lebensqualität in Beruf, Partnerschaft und Sexualität in Harmonie bringt. Ihre kraftvollen Übungen, Heilrituale und Geschichten ebnen den Weg zu einer neuen, ganzheitlichen Weiblichkeit.



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