



Sternstunden und Wüstentage: Die kostbaren Momente im Alltag entdecken - Übungen, Gebete, Meditationen (German Edition)

Johannes Pausch

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Sternstunden im Alltag finden - Ein Übungsprogramm für positive Wahrnehmung

Auch wenn im Leben der Himmel verhangen ist, gibt es immer kostbare Augenblicke, gibt es Sternstunden. Der Benediktinermönch Johannes Pausch sensibilisiert für diese kostbaren Momente im Alltag. Wir alle haben Zugang zu ihnen. Wer sie kennt, lebt glücklicher, zufriedener und kraftvoller.



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