



## 50 einfache Wege zum Glück (German Edition)

*Jon Christoph Berndt, Christine Koller*

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Anleitung zum Glücklichsein

Die Maxime »Höher, schneller, weiter« bestimmt unsere Leistungsgesellschaft. Unser Wohlbefinden und wirkliche Freude bleiben dabei jedoch häufig auf der Strecke: Zu kurz kommen Zeit, Sinn und Hingabe - wichtige Faktoren für die Achtsamkeit gegenüber sich selbst und den kleinen unprätentiösen Dingen, die das Glück bringen. Dieses Buch zeigt die wahren, aber einfachen Wege zum Glück.

Wertschätzend sein, Zeit für sich selbst und andere haben, Werte leben. Diese und viele andere Dinge sind Schlüssel zum Glück. Launig und facettenreich gehen die Autoren Christine Koller und Jon Christoph Berndt in ihrem Lesebuch den vielfältigen Dimensionen auf den Grund und zeigen Wege auf, wie jeder einzelne glücklicher leben kann. Dazu gehören Demut und Gute-Laune-Mittel ebenso wie geistige Erbauung und immer wieder neue Überraschungen für den Partner: füreinander da sein, die Freizeit sinnestark gestalten, gemeinsamen inneren Reichtum finden. Und ein Glücks-Selbsttest am Ende des Buches hilft dem Leser zu erkennen, was genau sein Leben wirklich bereichert.

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