



Die Kunst Des Annehmens (German Edition)

Ann Weiser Cornell

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Wie können wir Frieden finden in den inneren Kriegen, die dem von uns ersehnten Leben im Wege stehen? Seit mehr als 35 Jahren erforscht Ann Weiser Cornell das Geheimnis emotionaler Prozesse und lehrt und schreibt darüber - unter anderem auch über das Paradox, dass wir zu mehr Ganzheit finden, wenn wir unsere inneren Teile anerkennen, dass die am tiefsten verachteten Orte in uns unseren größten Reichtum enthalten und dass der Felt Sense des Körpers der Schlüssel zum Wandel ist, wenn wir ihm im Zustand mitfühlender Präsenz begegnen. Nun sind ihre wichtigsten Schriften und vier neue Artikel über ihre jüngsten Erkenntnisse in einem Buch vereint. Die Artikel wenden sich sowohl an Menschen, die auf der Suche nach persönlicher Veränderung sind, als auch an Menschen, die professionell mit anderen Menschen arbeiten und ihre Tätigkeit noch wirksamer gestalten wollen.

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