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INNERE KRAFT UND ÄUßERE STÄRKE



Shaker Media Gmbh Jun 2017, 2017. Taschenbuch. Condition: Neu. Neuware - Stress, Krankheiten und ein verminderter Selbstwert sind Konsequenzen einer non-konformen Lebensweise. Burnout, Mobbing, Depressionen und die daraus resultierenden Krankheiten können Sie jedoch vermeiden oder durch konsequente Aufarbeitung abstellen. Damit Stress nicht krank macht, zeige ich Wege auf, wie Sie wieder Die Balance zwischen Körper, Geist und Seele finden. Wir gestalten unsere Zukunft im Heute, durch unsere Gedanken und Taten. Deshalb sind Prävention und Transformation, mentales und seelisches Gleichgewicht unabdingbar...

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- Authored by Gloria Yazdan Bakhsh
- Released at 2017



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