



Immer auf der Sonnenseite: 100 Wege zu guter Laune (German Edition)

Amy Spencer

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Mehr Optimismus und Lebensfreude zum Verschenken.

Man muss nicht gleich sein Leben neu erfinden, um glücklich zu sein. Wir alle kennen Tage, an denen die Stimmung einen Aufzug brauchen könnte. Dieses Buch hilft, die Perspektive zu wechseln und das zu schätzen, was vor der eigenen Nase liegt. Wie ein guter Freund hellt es auch Notfallsituationen mit einem Schuss Optimismus auf, macht aus Zitronenlimonade und zeigt einem auch bei Regen ein Stück blauen Himmel.

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