



Der 6-Minuten-Coach: Finde die wahre Liebe (German Edition)

Pierre Franckh

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Einfache Übungen, um negative Glaubensmuster nachhaltig zu verändern

Die Sehnsucht nach Zweisamkeit bestimmt das Leben vieler Menschen. Die Abwesenheit von Liebe und Zuneigung lässt uns in Hoffnungslosigkeit verfallen. Wie wir es schaffen, da herauszukommen und uns für die Liebe zu öffnen, zeigt Pierre Franckh in diesem Buch.

Viele unserer Entscheidungen sind nichts anderes als antrainierte Routinen, die in unserem Gehirn automatisch ablaufen. Sind diese negativer Art, können sie dafür verantwortlich sein, wenn wir keinen Partner finden.

Doch unser Gehirn ist veränderbar. Mit effektiven Übungen können wir neue, positive Gewohnheiten aufbauen – und brauchen dafür nicht mehr als 6 Minuten am Tag.

Der beliebte und erfolgreiche Mentaltrainer Pierre Franckh entwickelte im Lauf seiner Arbeit viele 6-Minuten-Übungen, mit denen die Menschen spielerisch, leicht und voller Freude ihr Leben veränderten. In diesem Buch bietet er speziell zugeschnittene Übungen, um die wahre Liebe zu finden und eine erfüllte Liebesbeziehung zu führen.

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