



Sei dir wichtig!: Extreme Self-Care

Cheryl Richardson

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Gute Ratschläge geben, das können viele. Doch den Hörer gekonnt an die Hand zu nehmen und ihm Schritt für Schritt zu zeigen, wie er effektiv Lebensumstände verändert, das ist eine besondere Gabe. Die darin talentierte und international erfolgreiche Cheryl Richardson verdeutlicht hier einfühlsam, wie man sich anhand von fünf Strategien selbst befreit und zu seiner ureigenen Kraftquelle und Lebensfreude findet. Überzeugend vermittelt sie, dass Selbstehrlichkeit und die Liebe zu sich selbst wesentliche Voraussetzungen sind für eine gelungene und glückliche Form der Selbstverwirklichung, die wiederum grundlegend ist für jegliche Art sozialer Beziehungen. Sei dir wichtig! ist ein Muss für alle, die ihr Leben aktiv gestalten wollen.

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