



Die Kuh in der Parklücke: So bleiben Sie gelassen - (German Edition)

Leonard Scheff, Susan Edmiston

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Buddhistische Weisheit für mehr Gelassenheit im Alltag

„Ganz ruhig. Nicht aufregen.“ Wer wünscht sich nicht, sich weniger zu ärgern und einfach gelassener zu sein? Viele Buddhisten haben diese Kunst längst perfektioniert. Deshalb zeigen Leonard Scheff und Susan Edmiston anhand von leicht verständlichen Prinzipien des Zen-Buddhismus und mit interaktiven Übungen, wie es gelingt, mit Wut und Ärger besser umzugehen und mehr innere Ruhe und Zufriedenheit zu empfinden.



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