



# **Leben in Balance: 18 Impulse wie Sie das eigene Leben in den Griff bekommen, für Lebensqualität sorgen und Balance erreichen (German Edition)**

*W. Al-Bagdadi*

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19 Autorinnen und Autoren bieten Ihnen in 18 Artikeln Perspektiven für ein Leben in Balance. Die Beiträge beschreiben verschiedene Ansätze, wie Sie Ihre eigenen Ziele reflektieren und diese selbstbestimmt erreichen können, und zeigen Ihnen Wege zu innerer Stärke und Zufriedenheit. In unserer von ständigen Veränderungen und Stress geprägten Welt wird es zunehmend wichtiger, für die eigene Lebensqualität zu sorgen und auch mal »Halt« zu sagen, dem Hamsterrad zu entfliehen und das Leben von einer neuen Warte aus zu betrachten, für eine ausgewogene, gelungene Work-Life-Balance, ein Leben in Balance.

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