



emonetics: Techniken und Geschichten für mehr mentale und emotionale Kraft (German Edition)

Michael Berndt

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Dieses Buch zeigt Ihnen, wie Sie neue Kraftquellen für die mentalen und emotionalen Herausforderungen des Alltages erschließen und worauf Sie bei der Kommunikation mit den unterbewussten Strukturen Ihrer Persönlichkeit achten sollten. Die Notwendigkeit dazu wird aufgrund stark steigender Einflüsse und Anforderungen durch unsere Umwelt immer größer.

Hier helfen die emonetics, eine Sammlung von Geschichten, Methoden und konkreten Techniken zur Einflussnahme auf viele körpereigene Prozesse. Sie erlauben eine direkte oder zeitnahe Neuausrichtung und Führung des eigenen Denkens, Fühlens und Handelns. Dabei wirken sie sich gezielt auch auf die unterbewussten Strukturen der Persönlichkeit aus, wodurch messbare körperliche Veränderungen herbeigeführt werden können.

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