



Selbstbewusstsein: Der kleine Coach mit großer Wirkung (German Edition)

Stella Maris

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Selbstbewusstsein kann man lernen. Auch Sie können das.

Schritt für Schritt führt Sie das Buch -Selbstbewusstsein leicht gemacht- zu Ihrem großen Ziel, nämlich selbstbewusst Ihr Leben zu führen.

Wer selbstbewusst sein Leben führt, kennt seinen Weg.

Wer seinen Weg kennt, kommt schneller ans Ziel.

Wer sein Ziel schneller erreicht, ist zufrieden.

Wer zufrieden ist, ist ausgeglichen und in seiner Mitte.

Wer in seiner inneren Mitte lebt, ist selbstbewusst.

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