



An Krisen reifen: Buddhistische Perspektiven für schwierige Zeiten (German Edition)

Regine Leisner

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Krisen, beruflicher oder privater Art – der Verlust des Arbeitsplatzes, das Ende einer Beziehung, eine Krankheit – sind oft Auslöser, das bisherige Leben zu überdenken und befreiende Perspektiven zu entwickeln. Inspiriert von den Lehren des Buddhismus hat Regine Leisner ein Fünf-Punkte-Programm zu einem kreativen Umgang mit Krisen entwickelt. Sie bietet eine Fülle von Anregungen und Übungen, die Mut machen, unsere nächsten Krisen nicht nur zu überstehen, sondern sie für uns zu nutzen und aus einer neuen Gelassenheit heraus, persönlich zu wachsen und zu reifen.

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