



# Entfaltung der Seele: Ein 90-Tage-Programm zur Befreiung vom inneren Kritiker (German Edition)

*Rhea Powers*

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## Entfaltung der Seele: Ein 90-Tage-Programm zur Befreiung vom inneren Kritiker (German Edition)

Rhea Powers

In 90 Kapiteln - eins für jeden Tag - regt Rhea Powers uns an, unseren individuellen inneren Kritiker zu erkennen und seine lebensfeindlichen Strategien zu durchschauen. Die Meditationen und Übungen bauen aufeinander auf und dienen als wirksame Waffen, um den inneren Widersacher endlich schachmatt zu setzen. So öffnet sich der Weg in die Freiheit.

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