



# Die Kraft der positiven Psychologie (German Edition)

*Kurt Tepperwein*

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# Die Kraft der positiven Psychologie (German Edition)

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**Die Kraft der positiven Psychologie (German Edition)** Kurt Tepperwein

Die Neuentdeckung: Positive Psychologie nutzt mentale Techniken für den „Gesunden“

Kurt Tepperwein vermittelt in vielen praktischen Schritten eine Methode, um das, was ist, anzunehmen und etwas daraus zu machen. Auf diesem Weg entwickeln wir die Fähigkeit, unser Leben aktiv zu gestalten, und kommen unserem wahren Selbst näher. Wir lassen unseren Widerstand gegen die Schöpfung los und verbinden uns mit der universalen Kraft der Schöpfung.

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