



Mindcrash: Befreie dich von der Diktatur des Verstandes und lebe dein wahres Leben (German Edition)

Werner Ablass

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Persönliches Unglück wurzelt in der Vorstellung, das Leben beherrschen und kontrollieren zu können. Diese Vorstellung hat ihren Ursprung in dem Glauben an ein real existierendes Ich, das denkt, entscheidet und handelt. Wenn sich diese Ich-Illusion auflöst und wir den Mindcrash erleben, gelangen wir zurück in unseren „natürlichen Zustand“ innerer Stabilität. Werner Alass beschreibt, wie sein persönlicher Mindcrash einen radikalen Bewusstseinswandel einläutete und wie der Mind uns an der Nase herumführt. Mithilfe von zehn konkreten Strategien und 100 Denkanstößen kann unser blockierendes Mind-Programm deaktiviert werden – um endlich zu leben, statt nur über das Leben nachzudenken.

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