



Alles ändern in der Gesundheit (German Edition)

Alexander Nastasi

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Coaching ist im Bereich Spitzensport bereits an der Tagesordnung. Aber auch Manager und andere Leistungsträger greifen heutzutage immer öfter zu einem Mentalcoaching. Das können Sie sich jetzt ebenfalls zunutze machen. Ein Coaching im Bereich Gesundheit kann Ihnen helfen, Ihre Gesundheit und Ihr Wohlbefinden maßgeblich zu steigern.

Der Autor hat bereits seit dem Jahr 2008 Erfahrung im aktiven Online Mentalcoaching. Das hier vorliegende Werk stellt die Quintessenz dieser Tätigkeit aus dem Bereich Gesundheit dar. Dabei stellt das Buch keine Diagnosen und gibt auch keine Heilungsversprechen ab.

Weit jenseits vom reinen positiven Denken geht es darum, das eigene Denken und damit auch das Leben fundamental zu ändern, so dass Sie in Zukunft Ihr Leben wieder selbst in die Hand nehmen.

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