

### Die Vier Versprechen Ein Weg Zur Freiheit Und Wur

Describes a method of negotiation that isolates problems, focuses on interests, creates new options, and uses objective criteria to help two parties reach an agreement

Don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. He shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships.

The ancient Toltecs believed that life as we perceive it is a dream. We each live in our own personal dream, and all of our dreams come together to make the Dream of the Planet. Problems arise when we forget that the dream is just a dream and fall victim to believing that we have no control over it. The Mastery of Self takes the Toltec philosophy of the Dream of the Planet and the personal dream and explains how a person can: Wake up Liberate themselves from illusory beliefs and stories Live with authenticity Once released, we can live as our true, authentic, loving self, not only in solitude and meditation, but in any place—at the grocery store, stuck in traffic, etc.—and in any situation or scenario that confronts us. The Ruiz family has an enormous following, and this new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world. This new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world.

Pr ägnanter, leicht verst ändlicher Leitfaden ü ber die Grundlagen guter F ü h rung! Unabh ä ngig davon, ob Sie neu in Ihrer Rolle als F ü h rungskraft sind oder ü ber jahrelange Erfahrung verf ü gen, bietet dieses Handbuch f ü r vielbesch ä ftigte F ü h rungskrä fte eine schnelle und einfache Ressource, die mit den "How-to"-Strategien gef ü llt ist, die sofort in die Tat umgesetzt werden k ö nnen. Die Inhalte des Buches sind f ü r hart arbeitende F ü h rungskr ä fte gedacht, die wenig Zeit haben und nach einem Leitfaden suchen, um die Basics richtig zu machen und die kleinen Dinge zu unternehmen, die schlussendlich eine gro ß e Auswirkung auf die Gesamtleistung haben k ö nnen. Jedes Kapitel des Handbuchs ist mit eigenst ä ndigen Best Practices, Tools, Tipps und Methoden gef ü llt, um Mitarbeiter einzubeziehen, Unternehmenskulturen neu zu beleben, Kunden zu begeistern und Hochleistungsunternehmen aufzubauen. Das Handbuch wurde von dem Unternehmer, Vision ä r und Wall-Street-Journal-Bestsellerautor Quint Studer verfasst und st ü tzt sich auf seine ü ber 30-j ä hrige Erfahrung in der Beratung von Organisationen aller Gr ö ß en und F ü h rungspers ö nlichkeiten auf allen Ebenen beim Erreichen von Spitzenleistungen. Das Buch enth ä lt die Ans ä tze, die sich immer wieder als erfolgreich erwiesen haben. Studer erforscht die wichtigsten F ü h rungsqualit ä ten und -verhaltensweisen, die hervorragende F ü h rungskrä fte in der Regel besitzen. Die Entwicklung und Verfeinerung dieser F ä higkeiten gebt jeder F ü h rungskraft die F ä higkeit, die Beste zu sein, die sie sein kann. Der Autor zeigt auch auf, was F ü h rungskr ä fte ben ö tigen, um die Leistung ihrer Mitarbeiter zu optimieren. Versierte F ü h rungskr ä fte schaffen Umgebungen, in denen Menschen wachsen und gedeihen k ö nnen und in denen sie einen starken Sinn finden. F ü h rungskr ä fte, die eine positive, engagierte und produktive Arbeitsplatzkultur entwickeln, geben ihren einzelnen Mitarbeitern und Teammitgliedern die M ö glichkeit, wie nie zuvor zu gl ä nzen.

Balance in der Krise

Schnelle Unterst ü tzung f ü r dynamische F ü h rungskr ä fte

The Three Questions

Some Kind of Wonderful

What the Ancient Masters Can Teach Us about Love and Life

ein Weisheitsbuch der Tolteken

The Four Agreements Companion Book

In 1942, Friedrich, an even-keeled but unworlly young man, arrives in Berlin from bucolic Switzerland with dreams of becoming an artist. At a life drawing class, he is hypnotized by the beautiful model, Kristin, who soon becomes his energetic yet enigmatic guide to the bustling and cosmopolitan city, escorting him to underground jazz clubs where they drink cognac, dance and kiss. The war feels far away to Friedrich, who falls in love with Kristin as they spend time together in his rooms at the Grand Hotel, but as the months pass, the mood in the city darkens as the Nazis tighten their hold on Berlin, terrorizing any who are deemed foes of the Reich. One day, Kristin comes back to Friedrich's rooms in tears, battered and bruised. She tells him that her real name is Stella, and that she is Jewish, passing for Aryan. More disturbing still, she has troubling connections with the Gestapo that Friedrich does not fully understand. As Friedrich confronts Stella's unimaginable choices, he finds himself woefully unprepared for the history he is living through. Based in part on a real historical character, Stella sets a tortured love story against the backdrop of wartime Berlin, and powerfully explores questions of naiveté, young love, betrayal, and the horrors of history.

*Liebe – die Basis aller Dinge und allen Seins! Was ist wahre LIEBE, frei von jüdischer romantischen Verklärung, kommerziellen Valentinstags-Aktionen und falschen Illusionen? Liebe ist die Basis aller Dinge und allen Seins, eine nicht greifbare Energie mit enormer Kraft und Wirkung. Wäre die Erde nicht auf der Grundenergie Liebe aufgebaut, wäre sie kalt, dunkel und leblos. Wahre Liebe bestimmt nicht nur das Leben des Menschen, sondern auch das seiner gesamten Mitwelt. Aus Sicht der Quantenphysik ist „Liebe“ eine Information, die sich in einer sehr positiven Energie zeigt und Verbundenheit entstehen und wachsen lässt. Sie kann in unseren Kern, in im Herzen, dem Zentrum der Gefühle verortet werden. Das Wesen des Menschen ist somit grundsätzlich „Liebe-voll“. Wir werden mit dieser Information geboren, vergessen sie jedoch im Laufe des Lebens. Da die „Liebe“ von unzähligen Generationen egoistisch missbraucht oder unterdrückt wurde, wird sie von vielen Menschen heute als „falsch“, nicht ihrem eigenen Ursprung entsprechend wahrgenommen. Wird uns aber von außen wahre Liebe geschenkt oder aktivieren wir unsere Selbstliebe, kann die „Liebes-Information“ wieder ihre kraftvolle und heilsame Wirkung erzeugen. Dieses Buch unterstützt Sie, den Grundton der wahren Liebe – einen Einklang aus Freiheit, Selbstbestimmtheit, Ausgeglichenheit und Harmonie – (wieder-)herzustellen. Gleichzeitig wird das neue WIR- oder Selbst-Verständnis gestärkt und der positive Wandel durch Abkehr von EGO-verzerrten intertexten. Neue, stärkere und Wachstum fördernde Ergebnisse aus vielen Jahren Herzarbeit erwarten Sie: In über 600 Herz-Resonanzen-Coachings hat Claus Walter umfassende Erfahrungen und neue Erkenntnisse über Sie. Er einfach und klar verständlich zusammenfasst. Das kleinr Übungen und „Aha“-Eeffekte werden! Die Liebe aus verschiedenen Blickwinkeln betrachten und neu erfahren. Erleben Sie nachhaltiges und sinnhaftes persönliches Wachstum auf allen Ebenen – in kraftvoller Verbindung mit der (Eigen-)Liebe! L = Love I = E = every B = beings E = energy*

*‘One of the most beautiful books published in recent years: an intense, poignant story ‘Caterina Bonvicini Can a prison free those who enter? Niáida, moored like a boat in the Mediterranean, is a small island nestled between Capri and Bagnoli, off the coast of Naples. Each day, through the early morning light, Elisabeta Măiuroanu travels across the city, passes by the guards on the way into the detention centre, hands over her bag and arrives at her classroom. All thoughts are suspended once inside. Usually Elisabeta hasn’t spoken to anyone since the day before; her only reason for living to teach mathematics to the group of young inmates who arrive not long after she does. But one day, Almurina shows up and everything changes. She is Romanian and bears the signs of her personal history on her body. Together, closed up in a small classroom, a true island within an island, Elisabeta and Almurina discover a possible pathway to freedom, Warm and intimate, intense and political, Valeria Parrella touches our emotions, giving voice to a loneliness that is universal. Almurina is about finding love in unexpected places, about atonement, forgetting and starting over. But mostly it is about two women learning how to live again. Translated by Alex Valente USA TODAY bestselling author Sarah Morgan will sweep you away with her Puffin Island series! In a town where anything can happen, sometimes love is the most unlikely place of all... Her whole life, Puffin Islander Brittany Forrest has dreamed of adventure. And at the age of eighteen, she thought she’d found it in bad boy Zachary Flynn. But after just ten tempestuous, smoldering days, their whirlwind marriage went up in smoke, and Brittany resolved to put him out of her mind forever. Zach knows he let Brittany down, but being back on Puffin Island and seeing Brittany again stirs up long-buried emotions. This daredevil pilot has never felt worthy of her, yet he can’t stay away—even when he knows the chemistry between them will only complicate his life. As long, hot summer days on the beach dissolve into sultry, starry nights, Brittany and Zach find that the sparks between them are more powerful than ever. Could it be that the second time around, their dreams of a happy-ever-after will finally come true? Originally published in 2015*

The Mastery of Love CD

Getting to Yes

Wisdom of the Shamans

Leben mit den vier Versprechen.

Die Kunst, wieder aufzustehen

Almurina

How to Get what You Want

*For generation after generation, Toltec shamans have passed down their wisdom through teaching stories. The purpose of these stories is to implant a seed of knowledge in the mind of the listener, where it can ultimately sprout and blossom into a new and better way of life. In The Wisdom of the Shamans: What the Ancient Masters Can Teach Us About Love and Life, Toltec shaman and master storyteller don Jose Ruiz shares some of the most popular stories from his family’s oral tradition and offers corresponding lessons that illustrate the larger ideas within each story. Ruiz begins by explaining that contrary to the stereotypical image of “witch doctor,” the ancient shamans were men and women who fulfilled several roles within their communities: philosopher, spiritual guide, medical doctor, psychologist, and friend. According to Ruiz, their teachings are not primitive or reserved for a chosen few initiates but are instead a powerful series of lessons on love and life that are available to us all. To that aim, he has included exercises, meditations, and shamanic rituals to help you experience the personal transformation these stories offer. The shamans taught that the truth you seek is inside of you. Let these stories, lessons, and tools be your guide to finding the innate wisdom that lives within.*

*For the first time ever, the Toltec wisdom from the Ruiz family is bound together in a book of Daily Meditations. Readers are invited on a six-month journey of daily lessons with don Miguel Ruiz Jr. that are designed to inspire, nourish, and enlighten adherents as they travel along the Toltec path. Drawing on years of apprenticeship under his father and grandmother, don Miguel Ruiz Jr. shares Toltec lessons on Love, Faith, Agreements, and most importantly: Awareness. The purpose of each meditation is to guide readers into a deeper understanding of his or her self, as well as the world in which we live. In the introduction to the book, don Miguel Ruiz Jr. reminds readers that progress on the Toltec path is not measured by the acquisition of things, status, or even ideas, but rather the complete and total realization that everything in the world is perfect, exactly the way it is at this moment. “Love is accepting ourselves just the way we are, with all of our flaws and our ever-changing belief system. You are nothing else but who you are. You are not the person you were a year ago. You are not the person you will be in a year. You aren’t even the person you think you are. You simply are, and that must be enough.” —don Miguel Ruiz Jr. This book will have special appeal to those already familiar with his father’s books The Four Agreements, The Mastery of Love, and The Fifth Agreement, as well as don Miguel Ruiz Jr.’s own book, The Five Levels of Attachment. It also makes a wonderful gift.*

*Wenn sich die Gesellschaft, in der ein Mensch lebt, von einem auf den anderen Tag bis ins Unkennliche verändert, gerät das innere und äußere Gleichgewicht ins Schwanken. In 345 Posts aus der Krise, dem BLOG Coronapocalypse, der in den vergangenen eineinhalb Jahren auf Facebook erschienen ist, versucht die Autorin genau dies: Balance zu halten und im Zusammenbruch ihrer persönlichen Welt selbst Mensch zu bleiben.*

*Using inspirational stories to impart the ancient wisdom of the three Toltec masteries—awareness, transformation, and love—the author examines the common fallacies that can undermine love, and tells listeners how to gain wisdom, avoid fear, and end their path to control with their partners.*

Die Kraft der wahren Liebe

The Actor

ein Weisheitsbuch der Tolteken ; [ein Weg zur Freiheit und Würde]

Resilienz

ein Weg zur Freiheit und Würde des Menschen

Leben mit den vier Versprechen

A Long Way Down (Movie Tie-In)

**“A much-needed guidebook . . . a treasure chest of insights.” — Caroline Myss, M.D. “[A] brilliant new work . . . profound healing advice.” — Brian L. Weiss, M.D.Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use.Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition. Here, it’s applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You’ll learn what’s going on in your brain and body when you feel sad, angry, or panicked; you have trouble focusing, reading, or remembering; a past trauma is clouding your mind in the present; and more. And in each chapter, you’ll get a “virtual healing experience” through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being. Today, we tend to think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements also support mind-body health; and affirmations restore us to balance by changing the way we think.Heal Your Mind puts all these tools at your disposal to help you choose your own path.**

**Der Weltbestseller erstmals als eBook Don Miguel Ruiz enthüllt in seinem Beststeller einen praktischen und leicht nachvollziehbaren Weg, um uns aus dem kollektiven Alptraum von Angst, Missbrauch und Gewalt zu befreien. Den Traum von Freiheit, Freude und Liebe kann jeder verwirklichen. Vier einfache, aber kraftvolle Versprechen sind der Schlüssel zur innerenTransformation. "A book about human integrity" Reese Witherspoon**

**Achtsamkeit ermöglicht uns, wach und entspannt im Hier und Jetzt zu leben. Die kleinen, kompakten Pocketguides aus der Reihe Achtsam leben eignen sich für den unkomplizierten Einstieg und sind randvoll mit Anregungen, Übungen und fundierten Impulsen für die Umsetzung im Alltag. Alle Bände wurden von erfahrenen Psychologen, Achtsamkeitslehrern oder Lebensberatern entwickelt. Entschleunigung, Gelassenheit, innere Balance – entdecken Sie die positiven Effekte von Achtsamkeitspraxis und innerer Entwicklung. Wie schaffen es manche Menschen, auch in schwierigen Zeiten stark zu bleiben? Sie verfügen über Resilienz, eine innere Widerstandskraft, die sich gezielt trainieren lässt. Dabei gilt es, den Blick optimistisch nach vorne zu lenken, konstruktiv und lösungsorientiert zu handeln, Hilfe von anderen anzunehmen und sich auf die eigenen Stärken zu besinnen. Ist dieses Fundament gelegt, geht man sogar aus Krisen gestärkt hervor.**

**The Four Agreements Companion Book takes you further along the journey to recover the awareness and wisdom of your authentic self. This book offers additional insights, practice ideas, a dialogue with don Miguel about applying The Four Agreements, and true stories from people who have transformed their lives.**

**How to Live an Authentic Life**

**The Goddess Test**

**Four Agreements Cards**

**The Circle of Fire**

**Die drei Fragen des Lebens**

**Der neue Weg zur Selbstbefreiung.**

**Du bist der Hammer!**

**Wir stehen gerade an der Kante zu einem neuen Zeitalter, augenscheinlich befindet sich die Welt in einem spürbaren Wandel. Was wir heute mehr denn je brauchen, dass sind mutige Pioniere, die den inneren Blick erlernen und am eigenen Beispiel vorleben, dass es in diesem Leben um mehr geht als «nur gut zu funktionieren». Du kannst ein solcher Pionier sein, dabei wird dich dieses Buch begleiten und unterstützen, es wird dir helfen die Fesseln der vielen alten Programmierungen abzuwerfen und ein neues, offenes und tiefgreifendes Miteinander zu ermöglichen. Außerdem deine inneren Potenziale zu entdecken und fortan in diese Welt zu tragen. Zahlreiche praktische Übungen, transformative Erforschungseinladungen und allerlei Inspiration, die konkret in deinem Alltag anwendbar sind, erwarten dich. Das Buch wird (d)ein Begleiter sein, um dieses Leben fortan vollkommen neu zu erforschen und es mutig zu l()eben.**

**A wise, affecting novel from the beloved, award-winning author of Funny Girl, High Fidelity, and About A Boy, New York Times bestselling author Nick Hornby mines the hearts and psyches of four lost souls who connect just when they’ve reached the end of the line. A Long Way Down is now a major motion picture from Magnolia Pictures starring Pierce Brosnan, Toni Collette, Aaron Paul, and Imogen Poots. Meet Martin, JJ, Jess, and Maureen. Four people who come together on New Year’s Eve: a former TV talk show host, a musician, a teenage girl, and a mother. Three are British, one is American. They encounter one another on the roof of Topper’s House, a London destination famous as the last stop for those ready to end their lives. In four distinct and riveting first-person voices, Nick Hornby tells a story of four individuals confronting the limits of choice, circumstance, and their own mortality. This is a tale of connections made and missed, punishing regrets, and the grace of second chances. Intense, hilarious, provocative, and moving, A Long Way Down is a novel about suicide that is, surprisingly, full of life.**

**A bargain with a mysterious stranger will change her destiny as Kate Winters agrees to take the Goddess Test. But every girl who has taken the test has died... Get swept up in the story about which Cassandra Clare says, “A fresh take on the Greek myths adds sparkle to this romantic fable.” It’s always been just Kate and her mom—and her mother is dying. Her last wish? To move back to her childhood home. So Kate’s going to start at a new school with no friends, no other family and the fear her mother won’t live past the fall. Then she meets Henry. Dark. Tortured. And mesmerizing. He claims to be Hades, god of the Underworld—and if she accepts his bargain, he’ll keep her mother alive while Kate tries to pass seven tests. Kate is sure he’s crazy—until she sees him bring a girl back from the dead. Now saving her mother seems amazingly possible. If she succeeds, she’ll become Henry’s future bride, a goddess. But what Kate doesn’t know is that no one has ever passed THE GODDESS TEST. Originally published in 2011, Don’t miss any of the epic and exhilarating action in the GODDESS TEST series by Amée Carter! The following is the complete Goddess Test series of three full-length novels and six companion novellas, in ideal reading order: The Goddess Test The Goddess Hunt The Goddess Secret The Goddess Queen (Novella) Goddess Interrupted The Goddess Queen (Novella) The Lovestruck Goddess (Novella) Goddess of the Underworld (Novella) God of Thieves (Novella) God of Darkness (Novella) Goddess Inheritance “A fresh take on the Greek myths adds sparkle to this romantic fable.” —Cassandra Clare on The Goddess Test**

**The YouTube star and beauty guru shares her hard-won lessons on success, style, and finding the sweetness in all aspects of your life. Since posting her first makeup tutorial in 2008, Dulce Candy has become one of the top beauty stars on YouTube, boasting more than 2 million subscribers and garnering hundreds of millions of views of her bright and energetic videos. But before she became a style icon and a role model to millions of young women, Dulce struggled to make her way in the world. Having emigrated with her family from Mexico to the United States when she was six years old, Dulce battled depression and low self-esteem as a teenager and eventually enlisted in the army in an attempt to turn her life around. It was here, on the battlefields of Iraq, that she finally uncovered and embraced her true passion—fashion and beauty—and gained the confidence to move on from her past, follow her dream, and launch what would become her wildly successful brand. The Sweet Life chronicles Dulce Candy’s inspiring story, showing that anyone can be successful no matter their background and sharing the hard-won lessons that helped transform her from a shy, self-doubting teenager into a confident business woman and beauty expert. According to Dulce, you can’t live the sweet life until you accept who you are—flaws and all—and take chances—knowing that failure is just a part of learning and fear is a sign that you’re trying something new and exciting.**

**Drawing on anecdotes from her own life and career, Dulce offers advice on building a personal brand (“Know what makes you different”), building confidence (“Fake it till you make it”) and balancing the personal and the professional (“Don’t settle when you settle down”). She also emphasizes the importance of both inner and outer beauty, encouraging women to love themselves, ignore the critics, and flaunt their own original style. Part memoir, part manifesto, The Sweet Life is a fun, inspirational guide for any woman who wants to find success and happiness without compromising who she is.**

**Find Passion, Embrace Fear, and Find Success on Your Own Terms**

**Negotiating Agreement Without Giving in**

**Inspiration and Guided Meditations for Living in Love and Happiness**

**A Practical Guide to the Art of Relationship**

**Angels & Demons**

**Ich suchte Heilung und fand mich selbst**

**Using The Four Agreements to Master the Dream of Your Life**

In The Circle of Fire (formerly published as Prayers: A Communion With Our Creator) Ruiz inspires us to enter into a new and living relationship with ourselves, with our fellow humans, and with all of creation. Through a selection of beautiful essays, prayers, and guided meditations, Ruiz prepares our minds for a new way of seeing life, and opens our hearts to find our our birthright: heaven on earth. The result is a life lived in joy, harmony, and contentment. In my teachings, “The Circle of Fire” ceremony celebrates the most important day of our lives: the day when we merge with the fire of our spirit, and return to our own divinity. This is the day when we recover the awareness of what we really are, and make the choice to live in communion with that force of creation we call “Life” or “God.” From that day forward, we live with unconditional love in our hearts for ourselves, for life, for everything in creation. This book, first published in 2001 as “Prayers: A Communion with Our Creator,” will remind you of what you really are. It has always been my favorite book, and now in honor of my favorite prayer, it has been appropriately renamed “The Circle of Fire.” -- don Miguel Ruiz

Eine kraftvolle Verbindung von Tradition und Moderne: In seinem neuen Buch stellt Bestsellerautor Don Miguel Ruiz die drei grundlegenden Fragen des Lebens. Mit ihrer Beantwortung öffnen sich den Lesern neue Wege hin zu einer tiefgreifenden persönlichen Veränderung. Die jahrtausendealte toltекische Überlieferung, sich selbst im Leben zu hinterfragen, legt verborgene Kräfte in uns frei und führt uns zu neuer innerer Stärke und einem größeren Selbstbewusstsein. Die drei Fragen des Lebens: • Wer bin ich? • Was ist reell? • Wie drücke ich Liebe aus? Die Geschichte einer Selbstheilung Der Alltag von Andrea Morgenstern wurde über viele Jahre durch Krankheit und Schmerz bestimmt. Migräne und andere körperliche wie seelische Probleme brachten sie an den Rand der Verzweiflung und der Arbeitsunfähigkeit. Wie es ihr gelang, sich aus eigener Kraft herauszuziehen und neue Energie, Leichtigkeit und Sinn im Leben zu finden, vermittelt sie in diesem Buch. Themen wie Dankbarkeit, Vergerbung, Selbstliebe und Selbstannahme spielen in ihrem Selbstheilungsprozess eine wichtige Rolle. Morgenstern hat ein wirkungsvolles Lebensfreude-Programm entwickelt, das auf den vier Säulen Annerkennen, Losslassen, Selbstverantwortung und Stärkung der Lebenskraft basiert. Gelebte, moderne Spiritualität für Frauen in allen Facetten - so wie sie die Autorin auf ihrem Blog, Podcast und Instagram-Profil erfolgreich praktiziert.

The murder of a world-famous physicist raises fears that the Illuminati are operating again after centuries of silence, and religion professor Robert Langdon is called in to assist with the case.

Das 10-Schritte-Programm gegen Depression

Daily Meditations on the Toltec Path

The Mastery of Self

der neue Weg zur Selbstbefreiung

A Toltec Guide to Personal Freedom

Vom Echo zum Selbst: Der Weg zur Erfüllung

Wie Englich auf, an deiner Großartigkeit zu zweifeln, und beginn ein fantastisches Leben

Sind Sie zufrieden mit Ihrem Leben, so wie es ist? Oder sagen Sie: Soll’s das wirklich schon gewesen sein? Wenn Sie sich insgeheim denken, dass Irgendwo Größeres auf Sie wartet. Innen aber noch der letzte Anstoß fehlt, um endlich die verdammte Komfortzone zu verlassen, dann sind Sie hier genau richtig. Denn Jen Sincero wird Sie packen und von der Couch ziehen, damit Sie endlich das Leben leben, auf das Sie selbst neidisch wären. Aber Vorsicht: Nach diesem Buch ist das Leben definitv anders! Jen Sincero’s eigenes Leben war lange Zeit alles andere als bauschend: Sie hängelte sich von einem schlechten Job zum nächsten, hatte nie genug Geld und fuhr ein Auto, das fast auseinander fiel. Bis sie entschied, dass sie etwas ändern mussa. Und – es half. Jen Sincero schrieb ihr erstes Buch und schließlich noch ein zweites, das zu einem Bestseller wurde. Sie arbeitete als Coach, gab Seminare, reiste um die Welt und sprach vor großen Publikum. Sie erreichte genau das, wovon sie immer geträumt hatte. Jetzt gibt Jen Sincero ihre Erkenntnisse und ihr Wissen weiter und zeigt, wie man die Fähigkeiten, die in einem schlummern, endlich zum Blühen bringt. Es geht darum, sich glasklar darüber zu werden, was einen glücklich und wabelt man sich am lebendigsten fühlt, und es dann mutig umzusetzen, statt sich einzureden, man könnte es nicht schaffen. Mit viel Humor und Schlagfertigkeit gibt sie praktische Ratschläge und zeigt Übungen, die dabei helfen die Selbstsabotage zu beenden und das zu erreichen, wovon man träumt.

The first book in the four-part Mystery School Series by bestselling authors Don Miguel Ruiz and Barbara Emrys. The Actor is a guide to mastering the art of happiness, and living more authentically. Don Miguel Ruiz, author of the internationally bestselling The Four Agreements and mythical Mexican shaman, together with his longtime apprentice Barbara Emrys, returns with his most important work of all: a course for students on the spiritual mystery of life, created to provoke an inner workout. With The Actor: How to Live an Authentic Life, join the ‘Mystery School’ for your first week of learning and explore the most fascinating story and mystery of all: you! Bring your curiosity and enthusiasm, and prepare to open your mind. Learn, over five days, how to observe your life from an artist’s point of view, and meet the real face behind the actor’s mask. Your schedule: Day 1: The Artist Day 2: Language Day 3: Acting Day 4: The Stage Day 5: The Final Curtain Discover how you are the main character in every story you’ve ever told about yourself, and how to vie the human drama as a whole, as well as the role you play in it. Use your awareness of human thinking and behaviour as each lesson brings you a step closer to wisdom and awareness, and begin to step away from the ‘roles’ you play and reclaim your authenticity. Every one of us is a transforming work of art, and underneath all the theatrics, the truth waits to be illuminated. Peep behind the stage curtains, and embrace the show that is life! Don Miguel Ruiz’s new work, the Mystery School Series, is a four-part course exploring the spiritual mystery of life, with lessons that bring insight on its specific challenges taught through theory, practice, and imaginative exercises. As a student of life, learn to recognize the creative choices that have made your reality what it is now, and the choices that are still available to you. Use your new understanding to make peace with the past; transform your relationship with the present and create a new script for your life. Continue your transformation with the other three books of the Mystery School Series: Eros: Misconceptions About the Art of Romance and Sexuality The Myth: The Stories We Tell About Ourselves and Our Reality Grief: Self-Care While Surviving the Loss of People we Love

Hoffungslos, leer, erschöpft. Über vier Millionen Deutsche leiden an einer depressiven Störung. Oft fühlen sich diese Menschen hilflos, fühlen keinen Ausweg aus ihrer Lage. Doch Das 10-Schritte-Programm-gegen-Depression gibt den Erkrankten eine praktische Schritt-für-Schritt-Methode an die Hand, mit der sie ihre Depression bekämpfen können. Dr. Simon Rego schafft es, seine zwanzig Jahre an Erfahrung in ein einfaches und leicht verständliches Programm umzuwandeln und bietet mit einem persönlichen Plan für jeden Betroffenen und verhaltenstherapeutischen Übungen die Grundlage für eine Besserung. Der Weg aus der Depression wird mit diesem Buch gebnet.

The Sunday Times top ten bestseller. Edward Snowden, the man who risked everything to expose the US government’s system of mass surveillance, reveals for the first time the story of his life, including how he helped to build that system and what motivated him to try to bring it down. In 2013, twenty-nine-year-old Edward Snowden shocked the world when he broke with the American intelligence establishment and revealed that the United States government was secretly pursuing the means to collect every single phone call, text message, and email. The result would be an unprecedented system of mass surveillance with the ability to pry into the private lives of every person on earth. Six years later, Snowden reveals for the very first time how he helped to build this system and why he was moved to expose it. Spanning the bucolic Beltway suburbs of his childhood and the clandestine CIA and NSA postings of his adulthood, Permanent Record is the extraordinary account of a bright young man who grew up online – a man who became a spy, a whistleblower, and, in exile, the Internet’s conscience. Written with wit, grace, passion, and an unflinching candor, Permanent Record is a crucial memoir of our digital age and destined to be a classic.

The Mastery of Love

Living a Life of Awareness

A Story of One Man and Leadership’s Greatest Secret

How to Discover and Master the Power Within You

A Novel

Der Weg zur inneren Freiheit für Mamas

Ein Weg zur Freiheit und Würde | Der spirituelle Klassiker

Thomas Derale, a mild-mannered businessman from Chicago, embodies leadership’s greatest secret: his companies make fortunes, his people love him, and his customers are willing to wait weeks just to do business with him. At age 55, though, Derale is dying, and through a series of final encounters with key people in his life - primarily his wife, Maggie, and Joe, who regards Thomas as his mentor - we learn about his life, his unique business insights, and the true impact the man and his work has had on the people around him. A business parable with a difference, THE BIG FIVE FOR LIFE is a story of great leadership, savvy decision-making and is a powerful reminder that successful leaders are not just in the business of business - they are in the business of life.

The beloved spiritual teacher builds on the message of his enduring New York Times and international bestseller The Four Agreements with this profound guide that takes us deeper into the tradition of Toltec wisdom, helping us find and use the hidden power within us to achieve our fullest lives. In The Four Agreements, Don Miguel Ruiz introduced seekers on the path to enlightenment to the tenets of Mesoamerican spiritual culture—the ancient Toltec. Now, he takes us deeper into the tradition and shares essential questions that drive our lives and govern our spiritual power. Three eternal questions can help us into our power and use it judiciously: Who am I? What is real? How do I express love? At each stage in our lives, we must ask these simple yet deeply profound questions. Finding the answers will open the door to the next stage in our development, and eventually lead us to our complete, truest selves. But as Don Miguel Ruiz makes clear, we suffer if we do not ask these questions—or if we fail to pay attention to their answers—because we either never act on our power or use it destructively. Only when power is anchored in our identity and in reality will it be able to be in synch with the universe—and be of true benefit to ourselves and to others. The three questions provide a practical framework that allows readers to engage with Ruiz’s transformative message and act as a vehicle for overcoming fear and anxiety and discovering peace of mind. An essential guide for all travelers pursuing self-knowledge, understanding, and acceptance. The Three Questions is the next step in our unique spiritual metamorphosis.

Das Buch möchte dir dabei helfen, deinem Leben eine andere Energie zu geben, glücklicher zu werden und so die Beziehung zu deiner Familie zu stärken. Auf dem Weg dorthin sollst du nicht vergessen, dich um dich selbst zu kümmern. Denn viele Frauen stellen sich selbst in den Hintergrund sobald sie Mutter geworden sind.

**Dein Kind braucht dich glücklich**

**Die vier Versprechen**

**Permanent Record**

**Heal Your Mind**

**The Big Five for Life**

**Your Prescription for Wholeness through Medicine, Affirmations, and Intuition**

**The Sweet Life**