

Traditionelles Chinesisches Augen Qigong Praxis Handbuch Teil

Gottfried Eckert

Traditionelles Chinesisches Augen Qigong Praxis Handbuch Teil:

Der epigenetische Power-Guide. Schluss mit Energiemangel, chronischer Müdigkeit, Erschöpfung & Co.: Wie du Schritt für Schritt mehr Lebenskraft und Lebensfreude gewinnst Gottfried Eckert, 2022-12-09 Der epigenetische Power Guide Schluss mit Energiemangel chronischer M digkeit Ersch pfung Co Wie du Schritt fr Schritt mehr Lebenskraft und Lebensfreude gewinnst Die Epigenetik ist eine Lebenswissenschaft die sich ma geblich mit der Steuerung der Genaktivit t besch ftigt Die revolution re Erkenntnis ist Gene lassen sich zielgerichtet ab und anschalten Somit wird Gesundheit und nicht zuletzt auch das Leben beeinflussbar Die in diesem Buch pr sentierten Programme er ffnen einen systematischen praxisorientierten und auch alltagstauglichen Weg um auf nat rliche Weise die eigenen Energiepotenziale zu aktivieren und die subjektive Lebensqualit t nachhaltig zu steigern Offeriert werden insgesamt 5 epigenetische Schl ssel fr die vitale Selbstanwendung Im Einzelnen Lebenseinstellung und fhrung Energiemanagement Bewegung Ern hrung und Nahrungsunterst tzung ber 180 traditionell moderne und praxiserprobte bungen Techniken und Prozesse stehen in Summe zur Verf gung um bewusst und erfolgreich Ver nderung zu initiieren und dauerhaft zu sichern Sie sind ausf hrlich beschrieben und bebildert Keywords Der epigenetische Power Guide Epigenetik DNA DNA Programmierung Lebenseinstellung und f hrung Energiemanagement Bewegung Ern hrung Nahrungsunterst tzung Traditionelle Chinesische Medizin TCM QiGong Meditation Pr vention Selbstregulation Empowerment Resilienz Changemanagement Lebenskraft Lebensfreude Gottfried Eckert Titel Der epigenetische Power Guide Schluss mit Energiemangel chronischer M digkeit Ersch pfung Co Wie du Schritt fr Schritt mehr Lebenskraft und Lebensfreude gewinnst Autor Gottfried Eckert Herstellung und Verlag BoD Books on Demand Norderstedt ISBN 9783756888535 Paperback 540 Seiten s w 21 0 x 14 8 cm Euro 25 00 D Buchinhalt I Einf hrung II Der epigenetische Power Guide A Lebenseinstellung und f hrung B Energiemanagement 1 Index 2 Set Up 3 Mikro Programme 4 QiGong Programm 5 Add on Programme C Bewegung D Ern hrung E Nahrungsunterst tzung III Mein Power Tagebuch IV Infothek V Anhang Traditionelles chinesisches Augen-QiGong Gottfried Eckert, 2015 Traditionelles chinesisches Rücken-QiGong Gottfried Eckert, 2015 18 Qi Gong Übungen Hartmut von

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