



Besser schlafen: tief und erholsam (German Edition)

Maria Holl

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Besser schlafen kann jeder - lernen Sie wie!

Viele Faktoren beeinflussen unseren Schlaf: die Luft im Schlafzimmer, Ernährungsgewohnheiten, eine anstrengende Arbeit, traumatische Erlebnisse ebenso wie die Welt, in der wir leben. Umgekehrt prägt ein guter Schlaf das Wachsein ganz entscheidend. Er verbessert die Konzentrationsfähigkeit, schenkt uns Energie, Frische und Lebensfreude, sorgt für seelisches und körperliches Wohlbefinden.

Lernen Sie besser schlafen mit der erfolgreichen Maria-Holl-Methode (MHM)!

Die vorgestellten Achtsamkeits-, Atem- und Entspannungsübungen wurden zum Teil bereits vor 4000 Jahren in China entwickelt und von der Autorin neu zusammengestellt. Sie helfen bei Einschlaf-, Durch- und Schlafstörungen jeden Alters, sind leicht anzuwenden und Schritt für Schritt beschrieben passen sie perfekt in unsere Zeit.

"Der Schlaf ist für den ganzen Menschen, was das Aufziehen für die Uhr ist.“

Arthur Schopenhauer

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