



# **Fuck It!: Loslassen - Entspannen - Glücklich sein (German Edition)**

*John C. Parkin*

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Der ultimative spirituelle Weg

Ohne Guru oder jahrelanges Meditieren: John C. Parkin präsentiert die schnellste Entspannungsübung, die man sich vorstellen kann. Es braucht nur zwei Worte, die, laut und voller Überzeugung gesprochen, zu Gelassenheit und innerer Freiheit führen: "Fuck it!" ist der perfekte Ausdruck der westlichen Welt, der alle fernöstlichen Weisheitslehren in sich vereint. Loslassen, Abstand gewinnen, akzeptieren, was ist, und entspannen. Kurz: "Fuck it!" ist kein Fluch, sondern eine Lebenseinstellung.

Die archaische und anarchische Kraft von "Fuck it!" hilft dabei, Abstand von den Dingen zu gewinnen, die uns belasten oder die wir uns nicht zutrauen. In all seiner Einfachheit, Klarheit und Effizienz ist es ein spiritueller Weg, der ohne Dogma, meditative Gesänge oder Räucherstäbchen auskommt – und nichtsdestotrotz von unserem täglichen Stress und von Ängsten und Druck befreit. John C. Parkins unkonventionelles Konzept zeigt, wie wir eine neue innere Haltung voller Ruhe und Ausgeglichenheit gewinnen, wenn wir aufhören, alles kontrollieren zu wollen, und lernen, loszulassen. Eine inspirierende Mischung aus Buddhismus und Rebellion, die direkt zu wahrer Freiheit führt.

Fernöstliche Weisheit für unseren Alltag, inspirierend und humorvoll.

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