



# Mein Zuhause spiegelt mich: Die Spiegelgesetz-Methode öffnet Türen (German Edition)

*Louise Kranawetter*

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Unser äußeres Leben ist ein direktes Spiegelbild unseres inneren Wesens. Alles, was wir im Außen erleben, kann uns wertvolle Hinweise geben, wie wir unser Leben erfüllender gestalten können. Was uns auf die Nerven geht oder krank macht, lässt sich mit der Spiegelgesetz-Methode nach Christa Kössner in vier einfachen Schritten auf schädigende Glaubensmuster zurückführen, die wir meist schon jahrelang mit uns herumtragen, ohne uns ihrer bewusst zu sein.

Dieses Buch zeigt Ihnen anhand einfacher Beispiele, wie Sie Ihr Zuhause aufmerksam und unvoreingenommen betrachten können, um alles, was Sie daran ärgert oder womit Sie unzufrieden sind, in wertvolle Geschenke zu verwandeln. Dadurch erkennen Sie ganz leicht die dahinter liegenden destruktiven Denkmuster und können sie durch kraftvolle, aufbauende ersetzen, damit Sie endlich das Leben leben können, das Ihrem Wesen wirklich entspricht.

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