

## How to find serenity



Linda Lehrhaupt  
**Ride the Waves of Life**  
[Die Wellen des Lebens reiten]  
Achieving inner balance  
through mindfulness

Kösel Sach-/Fachbuch  
176 pages  
Format 16,5 x 24,0 cm  
May 2012

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According to the World Health Organisation (WHO), stress is one of the greatest threats to people's health in the 21st century. An increasing number of men and women are searching for ways to cope more successfully with the stresses of daily life. "Mindfulness practice", free of ideological requirements, is the perfect solution. Its positive effect on people's physical, mental and emotional health has been well documented medically. Mindfulness is less a method than an attitude: being fully present in what one is doing at any moment. This standard reference work by an expert in the field is aimed at both beginners and at people who are already familiar with this approach.

**Also available:**

**By the same author:**

**Mindfulness for Stress Reduction** [Stress bewältigen mit Achtsamkeit], 2010