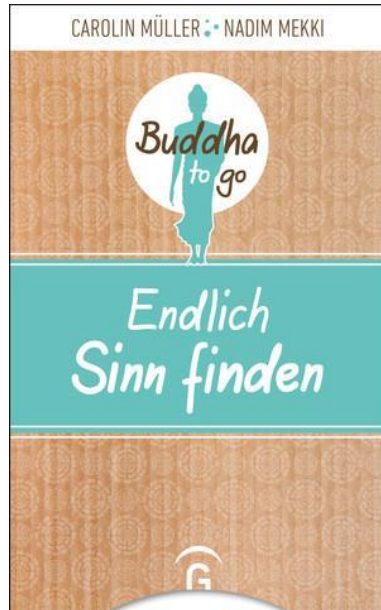


Modern psychology meets Eastern wisdom



Carolin Müller, Nadim Mekki
Finally Finding Purpose
[Endlich Sinn finden]
Series: Buddha to go

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Carolin Müller, born in 1986, is a psychologist graduate and freelancing online life coach. She works as naturopath, Buddhistic therapist and mindfulness coach, and gives lectures.

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For several years now, the combination of modern psychological therapy methods and ancient Eastern spirituality has been successfully exercised in the USA. This success is based on the longing of people for special aid in times of hectic, stress, and everyday worries. Issues like mindfulness, silence, contemplation, Buddha, meditation, yoga, asceticism are en vogue...

The new series "Buddha to go" takes up life's topics of crises and charmingly combines psychological advice with the wisdom of Buddhism. This book shows how to discover the deeper sense of everything and to identify it for oneself. The text contains a small basic knowledge section on Buddhism, which provides insights into a fascinating view on life. This and simple exercises motivate to rethink and thus lead to a happier and freer life.

- With simple exercises
- Inspiring and substantial: Counselling to go
- For people who want to live life consciously and positively