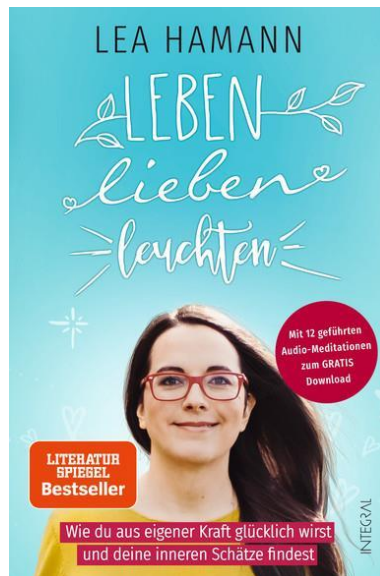


Set out on the path to your self



Lea Hamann
Live, Love, Glow
[Leben, lieben, leuchten]
Becoming happy through your own power and finding your inner treasure

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Lea Hamann is a life coach who combines down-to-earth spirituality with powerful impulses for personal development. Through the technique of 'soft breathing' and energy work, she leads people into a deep connection to their true potential and a fulfilled life bound close with their spirit.

Loving oneself, having courage, following one's own path, leading a satisfying life – this is Lea Hamann's life motif. She conveys authentically and clearly how we can leave the overly beaten paths of struggle and self-denial: "You are allowed to go your own way. You no longer need to hide. Trust your inner guide and become who you really are. It's time to set a course for a life that is really for you."

Step by step, and very practically, we learn to recognise the impulses for our inner development and be guided by them. A completely new relationship to our true self evolves, which will transform life from within and make it glow.

- Being true to oneself, unfolding potential, and finding fulfilment
- The 12-step program, with effective, dynamic exercises and meditations