



Julia F. Christensen

Der Flow-Kompass

Ein wissenschaftlicher Wegweiser zu mehr Gelassenheit und Glücksmomenten

Gelesen von Irina Scholz

238 Tracks | 721 Minuten

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Kapitel 7: Sechs Strategien, um den Geist zu entspannen

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*Kapitel 8: Fortschreiten statt Fortschritt:
Wie wir eine neue Fertigkeit erlernen*

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