



Die fünf Schlüssel zur achtsamen Kommunikation (German Edition)

Susan Gillis Chapman

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Gute Kommunikation ist ein entscheidender Schlüssel zum Lebensglück

Gute Kommunikation ist wesentlich für jede Form von guten Beziehungen, in Partnerschaften genauso wie unter Familienmitgliedern, Freunden und Arbeitskollegen. Achtsamkeit – Aufmerksamkeit ohne zu urteilen – kann uns helfen, mit anderen besser und tiefer zu kommunizieren – in unserem persönlichen wie auch unserem beruflichen Umfeld. Susan Chapman ist Psychotherapeutin und praktizierende Buddhistin. Ihr Konzept der achtsamen Kommunikation verbessert von Grund auf unser Sprechen und Zuhören, vertieft unsere Beziehungen und hilft uns, unsere Ziele zu erreichen.

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