



Meditieren in Laufschuhen: Laufen spirituell erfahren (German Edition)

Dr. Warren A. Kay

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Bewegung macht nicht nur glücklich, es bringt uns auch unserem Selbst und Gott näher.

32 % aller Deutschen gehen gelegentlich oder oft Joggen. Wir joggen, um uns sportlich fit zu halten, um zu entspannen und manchmal, weil wir unbedingt gewinnen wollen. Aber Laufen kann noch andere Aspekte haben: den spirituellen zum Beispiel.

Kay geht nicht nur auf die Glücksgefühle beim Laufen ein, er kombiniert Gedanken zu Gott, der Schöpfung und der Rolle des Geistigen in unserem Leben mit ganz praktischen Tipps, wie man Joggen und Spiritualität verbinden kann: Es geht um meditatives Joggen, den Laufweg als heiligen Ort, das Erkennen von Gott und seiner Schöpfung und letztlich auch um den Ursprung des Wanderns, die Pilgerfahrt. Das Buch inspiriert, aus Joggen eine spirituelle Praxis zu machen, und gibt zusätzlich bodenständige Ratschläge, wie das geht.

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