



Mein Körper erinnert sich: Symptomaufstellungen lassen Gefühle sprechen (German Edition)

Kristine Alex

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Der Seele in Not eine Sprache geben

Warum fühle ich mich ständig im Stress? Wieso bekomme ich immer wieder Erkältungen, chronische Entzündungen oder allergische Reaktionen? Was belastet meinen Rücken?

Systemische Aufstellungen geben Gefühlen eine Sprache. Jede körperliche Erkrankung und seelisches Unwohlsein haben eine Ursache. Wird diese gefunden und geklärt, verschwinden Körpersymptome oft verblüffend schnell. Wohlbefinden stellt sich ein. Es ist möglich fit und gesund zu leben und kraftvoll zu arbeiten.

100 Aufstellungsbeispiele geben dem Laien sowie dem fachkundigen Leser eine Idee, welche Lösungswege körperliche Symptome und emotionalen Stress zum Verschwinden bringen.

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