



Il grande segreto della piccola pausa (caffè) (Italian Edition)

Hans Kreis

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Il tesoro, che gli uomini da tempo immemorabile credono di trovare nei loro momenti di relax o concedendosi periodi prolungati di assenza, si nasconde soprattutto nelle piccole pause prese di tanto in tanto. Integrate saggiamente nella vita quotidiana, possono diventare facilmente il Cammino di Santiago di Compostela dell'anima umana stressata o soltanto alla ricerca di serenità.

Questo libro vi mostra come rallentare efficacemente la vostra vita frenetica e mettere le ali alla vostra creatività e gioia di vivere, con l'aiuto di brevi e rapidi "momenti di stacco" (come una pausa caffè).

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