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Kurt Tepperwein

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„Gesund ist, wer im Einklang mit sich selbst ist“. Kurt Tepperwein gibt hier eine prägnante Einführung in sein ganzheitliches Konzept seelischer und körperlicher Gesundheit. Es sind unsere Gedanken und Gefühle, die uns krank oder gesund machen. Krankheit ist eine Aufforderung, eine geistige Fehllhaltung zu beseitigen, mit uns selbst wieder ins Reine zu kommen und unseren Bewusstseinszustand zu verändern. Der Weg zur vollkommenen Heilung ist der Weg zum Einswerden mit sich selbst.

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