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*Dr. August Höglinger*

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Dieses Buch ist ein praktischer Ratgeber zum Loslassen.

Sie lernen die zehn Schritte des Loslassens, die im Todesfall oder bei einer Trennung zu gehen sind.

Wertvolle Hinweise zum Trauern und zum Umgang mit Trauernden ergänzen die zehn Schritte des Loslassens. Sie werden wieder frei - ohne das Vergangene vergessen oder verdrängen zu müssen.

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