



# Dharma Coaching: Klarheit und Gelassenheit finden (German Edition)

*Tineke Osterloh*

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## **Dharma Coaching: Klarheit und Gelassenheit finden (German Edition)** Tineke Osterloh

Was fördert unser Glück und Wohlergehen miteinander und die Entfaltung unseres positiven menschlichen Potenzials? Wie kann man sein Leben so führen, dass man weder für sich noch für andere unnötig Leiden schafft? Woran kann man sich orientieren? Bei all diesen Fragen geht es um ethische Selbstführung. Aus buddhistischer Sicht hat ethische Integrität wenig mit Vorschriften, Gehorsam oder Ritualen zu tun. Unverzichtbar ist es dafür allerdings, dass wir unser Bewusstsein schulen. Tineke Osterloh wendet als erfahrene Meditationslehrerin und Coach buddhistische Weisheit auf unseren Alltag an und zeigt so, wie wir auf natürliche Weise einen inneren ethischen Kompass entwickeln können.

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