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BRIANNA SARAI

Focus HarperCollins

Der Mensch steht heute, nach einer Blütezeit des menschlichen Schöpfertums, an einem Scheideweg, an dem ein falscher Schritt sein letzter sein könnte... Viele Menschen machen sich heute Sorgen über die Zukunft der Menschheit, beschäftigen sich mit neuen menschlichen Werten und erklären ihren Standpunkt. Eine von der Praxis losgelöste Einsicht ist jedoch wirkungslos, wenn keine konkreten Taten folgen. Der Autor spürt wie viele andere Menschen, dass die Umweltverschmutzung, die unaufhaltsame Zerstörung der Natur, das immer wärmer werdende Klima, die Hurricans und die zunehmenden Unruhen in der Welt auf eine sich ankündende Notsituation hindeuten. Er steht wie die meisten Menschen den Problemen der Welt ohnmächtig gegenüber. Er will aber, dass die Natur für seine Kinder und Enkelkinder erhalten bleibt. Er fragt sich, warum die Menschheit überhaupt in so eine Situation kommen konnte und betrachtet die gesellschaftliche Entwicklung der Menschheit, unter anderem aus philosophischer und psychologischer Sicht. Er erkennt im heutigen Charakter der Menschen die Ursache dafür, warum man scheinbar ohnmächtig den Problemen in der Welt gegenübersteht und sich vor allem so schlecht Alternativen vorstellen kann. Das Verständnis der heutigen Situation dient ihm als Basis für konkrete Lösungsansätze und Vorschläge welche die Politik, die Wirtschaft und jeden Einzelnen von uns befähigen könnten, die Welt zu verbessern

und eine drohende Katastrophe abzuwenden. In der Gesellschaft als Ganzes wächst der Wille, Alternativen auszuprobieren, und jede Krise birgt auch die Chance des Wandels hin zum Besseren. Dieses Buch analysiert nicht nur die heutige Situation sondern zeigt konkrete Lösungswege zu einer Welt, welche wir unseren Kindern und Enkelkindern hinterlassen können.

Anprobieren eines Vaters tredition

Innere Bilder bestimmen unsere Wahrnehmung und unser Handeln. Damit entscheiden sie über Selbsterleben, Gesundheit und Erfolg. Mit dem mentalen Coaching können alte Erlebnis- und Verarbeitungsmuster von neuen Zielvorstellungen überschrieben und deren erfolgreiche Umsetzung gebahnt werden. Die persönlichen Ziele werden genau formuliert und visualisiert, die eigenen Ressourcen können besser genutzt werden. Auf der Grundlage aktueller Erkenntnisse, insbesondere der Neurowissenschaften, werden Wege aufgezeigt, wie Möglichkeitsräume eröffnet und gezielt positive Lebenserfahrungen herbeigeführt werden können. Das mentale Coaching stärkt die eigene Handlungskompetenz, ist eine gute Burnout-Prophylaxe, fördert die psychische und körperliche Gesundheit, Belastbarkeit und Lebensfreude.

The Shape of Family Diogenes Verlag AG

National Bestseller Longlisted for the Man Booker Prize One of the Best Books of the Year: The Washington Post * The Boston Globe * Minneapolis Star Tribune * NPR * Newsday * The Guardian * Financial Times * The Christian Science Monitor The Ministry of Utmost Happiness takes us on an intimate journey across the Indian subcontinent—from the cramped neighborhoods of Old Delhi and the roads of the new city to the mountains and valleys of

Kashmir and beyond, where war is peace and peace is war. Braiding together the lives of a diverse cast of characters who have been broken by the world they live in and then rescued, patched together by acts of love—and by hope, here Arundhati Roy reinvents what a novel can do and can be.

Buch Journal Thorndike Press Large Print

The New York Times bestseller: “Venice shines through the pages of this novel. . . . Coupled with unexpected twists and turns [it] doesn’t disappoint” (Tulsa Book Review). A Los Angeles Times Bestseller • A Library Journal Mystery Bestseller • A Booklist Best Crime Novel of the Year • A Crime Reads Most Anticipated Book of the Year Guido Brunetti is urged by his father-in-law to investigate—and preferably intervene in—the seemingly innocent plan of the elderly Gonzalo Rodríguez de Tejada to adopt a much younger man as his son. Under Italian inheritance laws, this man would then be heir to Gonzalo’s entire fortune, a prospect Gonzalo’s friends find appalling. For his part, Brunetti wonders why the old man, a close family friend, can’t be allowed his pleasure in peace. And yet, what seems innocent on the Venetian surface can cause tsunamis below. Gonzalo unexpectedly drops dead on the street, and one of his friends—who just arrived in Venice for the memorial service—is strangled in her hotel room. Now with an urgent case to solve, Brunetti reluctantly untangles the long-hidden mystery in Gonzalo’s life that has ultimately led to murder . . . a resolution that brings him more pain than satisfaction. “Like Louise Penny, Leon has cultivated an utterly devoted audience, ever anxious to get to know more about her characters.” —Booklist (starred review) “Redolent, as always, with the sights, smells, sounds, and mealtimes of the water-immersed city. . . . In Leon’s latest, a pleasantly deceptive lull . . . is dissolved with deadly force.” —The Seattle Review of Books

Beyond the Self Atlantic Monthly Press

A Buddhist monk and esteemed neuroscientist discuss their converging—and diverging—views on the mind and self, consciousness and the unconscious, free will and perception, and more. Buddhism shares with science the task of examining the mind empirically; it has pursued, for two millennia, direct investigation of the mind through penetrating introspection. Neuroscience, on the other hand, relies on third-person knowledge in the form of scientific observation. In this book, Matthieu Ricard, a Buddhist monk trained as a molecular biologist, and Wolf Singer, a distinguished neuroscientist—close friends, continuing an ongoing dialogue—offer their perspectives on the mind, the self, consciousness, the unconscious, free will, epistemology, meditation, and neuroplasticity. Ricard and Singer’s wide-ranging conversation stages an enlightening and engaging encounter between Buddhism’s wealth of experiential findings and neuroscience’s abundance of experimental results. They discuss, among many other things, the difference between rumination and meditation (rumination is the scourge of meditation, but psychotherapy depends on it); the distinction between pure awareness and its contents; the Buddhist idea (or lack of one) of the unconscious and neuroscience’s precise criteria for conscious and unconscious processes; and the commonalities between cognitive behavioral therapy and meditation. Their views diverge (Ricard asserts that the third-person approach will never encounter consciousness as a primary experience) and converge (Singer points out that the neuroscientific understanding of perception as reconstruction is very like the Buddhist all-discriminating wisdom) but both keep their vision trained on understanding fundamental aspects of human life.

Olga Simon and Schuster

For a long time we have recognised that the apparently unstoppable climate changes and disturbances of nature, the intensification in the rift between rich and poor, as well as the increasing unrest and migrant streams are indicative of a global state of emergency. Furthermore, the new risks to our health, for example due to multi-resistant microorganisms, allergies or cancer, are causing us concern. What can I still eat, whom can I still trust, and where will it all end? In the face of these problems many of us are overwhelmed by feelings of helplessness and powerlessness. How could we even find ourselves in such a situation? How can we overcome the paralysis, indifference and resignation? Every individual has the power to change something, because the economy and politics are dependent on mankind and not vice versa. An exciting analysis of the psychological and social backgrounds allows us to better understand the situation and introduces us to the concrete steps that each of us can take to free ourselves of this feeling of powerlessness.

Das Buch tredition

Der Autor beschreibt in seiner Oskar-Reihe diesmal seine Lebensgeschichte in der Bundeswehr. Oskars Werdegang bei dem Militär kann der Leser, die Leserin mit Spannung und Humor verfolgen. Dabei können sie sich ebenso wie in seinem Buch 'Oskar, der Hygieniker' sowohl in den Inhalt als auch in den Sprachstil gut hineinlesen. Das Buch gibt Einblicke in den Alltag eines Sanitäters der Bundeswehr in den 1970er und 1980er-Jahren. Die Leserinnen und die Leser erhalten die Möglichkeit, der humorvollen Erzählfigur über die Schultern zu schauen und so ein Gefühl für den Dienstalltag eines Sanitäters bei der Bundeswehr zu erhalten. Schnell wird man mit dem Sanitäter Oskar vertraut, identifiziert sich mit ihm und fiebert mit ihm bei seinen Konflikten im Kampf mit den Vorgesetzten und den militärischen Normen. Das Sujet 'Individuum' gegen die militärische Ordnung erinnert an Emanuel Frynta. Der Protagonist zeigt in seine fränkische Lebensart, wie er sich mit Listigkeit und Klugheit durch seine Zeit als Soldat schlug. Für ihm als Sanitätssoldat stand die Kommunikation auf Augenhöhe mit den ihm unterstellten Soldaten an erster Stelle. Die Handlungen liegen recht nah an der Wirklichkeit und sind trotzdem als Erzählung verfasst. Die Bundeswehr ist einem ständigen Wandel unterworfen, dessen ungeachtet sollten sich potenziellen Soldaten und Soldatinnen vorher über die Eigenheiten der Truppen informieren.

Die Wahrheit ist einfach mehrfach Harper Collins

Unauslöschliche Geschichten: Von einem Kind, dessen Eltern vergessen haben, es zu lieben, und was aus ihm geworden ist. Von einer Frau, die ungern von sich spricht und im Erinnerungsnebel zu verschwinden droht. Von einem Mann, der aus Liebe das größte Geheimnis hütet. Von einem Großvater, der sein verschlepptes Enkelkind sucht und weiß, dass die eigenen Kinder für ihn sterben mußten. Von einem Revolutionär, der immer wieder von den Toten aufersteht. Erwägungen über die zehn Gebote eines Erzählers, über ein Land mit zwei Waagschalen, über die Besichtigung eines Museums der besonderen Art und über die Frage, wie ein Stück Würfelzucker unter zehn Menschen aufzuteilen ist. Dazu Porträts von Autoren, die zu bedeutend sind, als daß sie im Literaturbetrieb wahrgenommen würden. Geschichten, die, wie unsere eigenen, im zwanzigsten Jahrhundert beginnen und tief in die Gegenwart reichen. In ihrer Weigerung, die herrschenden Verhältnisse hinzunehmen, bilden sie ein Album des Widerstands

(Marion Löhndorf, NZZ

POWER vs. PARALYZATION tredition

Über Alltagsphilosophie und das Leben diskutieren, das kann nicht jeder? Simon Georg Sperber zeigt Ihnen wie einfach das ist, denn die Wahrheit ist einfach mehrfach. Sie lernen auf spannende Weise das Leben vom Ursprung an bis heute besser zu verstehen und obendrein bekommen Sie ein tieferes Verständnis bezüglich Themen wie Klimawandel und Umweltschutz, künstliche Intelligenz und wie wir ticken, Digitalisierung, den Sinn des Lebens, Bildung und Erziehung, Geld und Politik sowie Religion, außerdem wie man sehr alt wird und was wir aus der Corona-Krise lernen könnten. Abschließend erörtert er die Frage wie wir in Zukunft leben wollen. Das Buch wird Sie garantiert zum Nachdenken und Mitdiskutieren anregen und manchmal auch ein Ratgeber sein. Los geht's!

Schweizer Monatshefte HarperCollins

In Tibet werden die Worte großer Meister oft in Büchern gesammelt, die den Titel »Ratschläge des Herzens« tragen. Diese Tradition will der Dalai Lama hier aufgreifen. Was dabei herauskommt, was sich so verständlich und schlicht anhört, ist nichts weniger als die Summe seiner Gedanken und Gedanken, die jeden von uns auf seinem Weg begleiten können, egal, woher wir kommen und was wir glauben.

Subject guide to German books in print BoD – Books on Demand

Seemingly the simplest of stories—a passing anecdote of village life—Rock Crystal opens up into a tale of almost unendurable suspense. This jewel-like novella by the writer that Thomas Mann praised as "one of the most extraordinary, the most enigmatic, the most secretly daring and the most strangely gripping narrators in world literature" is among the most unusual, moving, and memorable of Christmas stories. Two children—Conrad and his little sister, Sanna—set out from their village high up in the Alps to visit their grandparents in the neighboring valley. It is the day before Christmas but the weather is mild, though of course night falls early in December and the children are warned not to linger. The grandparents welcome the children with presents and pack them off with kisses. Then snow begins to fall, ever more thickly and steadily. Undaunted, the children press on, only to take a wrong turn. The snow rises higher and higher, time passes: it is deep night when the sky clears and Conrad and Sanna discover themselves out on a glacier, terrifying and beautiful, the heart of the void. Adalbert Stifter's rapt and enigmatic tale, beautifully translated by Elizabeth Mayer and Marianne Moore, explores what can be found between Christmas Eve and Christmas Day—or on any night of the year.

Cicero BoD – Books on Demand

"From internationally bestselling author Benedict Wells, a sweeping, heartbreaking novel of friendship, memory, and the lives we never get to live "[D]azzling storytelling...The End of Loneliness is both affecting and accomplished -- and eternal."--John Irving At eleven years old, Jules Moreau loses his parents in a tragic accident, and in an instant, his childhood is shattered. Leaving a comfortable home in Munich and holidays in the south of France far behind, he and his siblings, Marty and Liz, are enrolled in a bleak boarding school, where the trio begin to lose each other, as well as themselves. Marty throws himself into academic life; Liz is drawn to dark forms of escapism; and Jules, though once vivacious and fearless, turns inward, becoming a ghost of his former self...until he meets Alva. Shy, intelligent, and enigmatic, and concealing a dark childhood of her own, Alva pulls Jules out of his shell and the two bond over books and writing, always with an unspoken understanding of the other's pain. Eight years later, at the precipice of their friendship becoming more, Alva abruptly turns her back, and the two leave school on separate paths. As they enter adulthood, Jules, Marty, and Liz, still strangers to one another, struggle to contend with who they are becoming. Jules is adrift, growing into a directionless young man, anchored only by two desires: to be a writer, and to have Alva back in his life. It isn't until Liz hits rock bottom that the three siblings finally find their footing as a family, and Jules finds the nerve to reach out to Alva -- fifteen years after they last spoke. Invited by Alva to join her and her husband, an esteemed author, at their home in Switzerland, Jules finds his way back to his own writing, and to his closest friend. As life begins to fall into place, just as it seems that they can make amends for time wasted, the past catches up with them, and fate -- or chance -- once again intervenes. A kaleidoscopic and heartfelt family saga, as well as a deeply felt meditation on the power of memory, *The End of Loneliness* explores the invisible forces and currents that can change our lives in an instant, and asks us all to consider, If you spend all your life running in the wrong direction, could it be the right one after all?"--

Rock Crystal MIT Press

A fifteen-year-old boy is walking through a swirling fog on his way to school when a voice calls out, "Come here. We need to talk." Out of the mist emerges an old man with a white beard. He is a fantastic figure, as wizardly as Merlin, as wise as Socrates, as peaceful as Buddha. Whoever he is, the old man has appeared on that very day to change the boy's life. "You are old enough to learn about things," he says mysteriously. "And who is going to teach you but me?" The old man gives the boy four days of "soul training," a time of riddles, tricks, parables, and incredible twists that brings out surprising answers to each of four burning questions about spirituality: Do I have a soul? How do wishes come true? What is the supreme force in the universe? How can I change the world? "The old man with the white beard showed me the spiritual side of life," writes Deepak Chopra, "where real passion and excitement come from. So before you begin, take a deep breath. This story could turn out to be yours."

Halbjährliches Verzeichnis Taschenbücher Vintage

"Fans of Sarah Dunn, Elisabeth Egan, and Isabel Gillies will relate to the multifaceted lives of Krien's characters, brilliantly rendered in her vivid voice." -- Booklist Writing with the wry realism of Sally Rooney, one of Germany' most promising literary talents demonstrates her incisive understanding of the complexities of relationships and the depths of the human heart in this witty and compulsively readable novel about five very different women whose lives intersect. What happens when women fulfill their roles as wives, mothers, friends, lovers, sisters, and daughters? What comes next? Award-winning author Daniela Krien explores these questions in this powerful novel of friendship, love, loss, and everything in between. Krien explores the hopes, ambitions, challenges, and disappointments that shape modern women's lives, offering intimate insights on motherhood and childlessness, bereavement, infidelity, and divorce. At the heart of the novel are five very different women who find themselves hurtling towards a new way of living without knowing quite how they got there. A fresh take on women's lives, *Love in Case of Emergency* is a punchy yet sensitive novel that takes the notion of aspiring to find happiness and connection to new and exhilarating heights. Translated from the German by Jamie Bulloch

The Ministry of Utmost Happiness New York Review of Books

A NATIONAL BESTSELLER From the internationally bestselling author of *Secret Daughter* and *The Golden Son* comes a poignant, unforgettable novel about a family's growing apart and coming back together in the wake of tragedy *The Olanders* embody a modern family in a globalized world. Jaya,

the cultured daughter of an Indian diplomat, and Keith, an ambitious banker from middle-class Philadelphia, meet in a London pub in 1988 and make a life together in suburban California. Their strong marriage is built on shared beliefs and love for their two children: headstrong teenager Karina and young son Prem, the light of their home. But love and prosperity cannot protect them from sudden, unspeakable tragedy, and the family's foundation cracks as each member struggles to seek a way forward. Jaya finds solace in spirituality. Keith wagers on his high-powered career. Karina focuses relentlessly on her future and independence. And Prem watches helplessly as his once close-knit family drifts apart. When Karina heads off to college for a fresh start, her search for identity and belonging leads her down a dark path, forcing her and her family to reckon with the past, the secrets they've held and the weight of their choices. *The Shape of Family* is an intimate portrayal of four individuals as they grapple with what it means to be a family, leaving a painful past and entering a hopeful future. It is a profoundly moving exploration of the ways we all seek belonging—in our families, in our communities and ultimately, within ourselves.

My Spiritual Journey LP Hachette UK

In His Own Words The Compelling Personal Story of the Spiritual Life of the Dalai Lama The world knows the public face of the Fourteenth Dalai Lama. We have read about his near escape from Tibet after the Chinese invasion, his Nobel Peace Prize, and his friendships with world leaders, Hollywood actors, and scientists around the world. But what are his inner, personal thoughts on his own spiritual life? For the first time and in his own words, the

Dalai Lama charts his spiritual journey from his boyhood days in rural Tibet to his years as a monk in the capital city of Dharamsala, to his life in exile as a world leader and symbol of peace.

[Tipping Point](#)

A #1 INTERNATIONAL BESTSELLER 'Bernhard Schlink speaks straight to the heart' New York Times 'Brilliant... A tale of love and loss in 20th century Germany' Evening Standard 'A cleverly-constructed tale of cross-class romance' Mail on Sunday 'A poignant portrait of a woman out of step with her time' Observer Olga is an orphan raised by her grandmother in a Prussian village around the turn of the 20th century. Smart and precocious, she fights against the prejudices of the time to find her place in a world that sees her as second-best. When she falls in love with Herbert, a local aristocrat obsessed with the era's dreams of power, glory and greatness, her life is irremediably changed. Theirs is a love against all odds, entwined with the twisting paths of German history, leading us from the late 19th to the early 21st century, from Germany to Africa and the Arctic, from the Baltic Sea to the German south-west. This is the story of that love, of Olga's devotion to a restless man - told in thought, letters and in a fateful moment of great rebellion.

Ratschläge des Herzens

Deutsche Nationalbibliografie

[Börsenblatt](#)