

ars edition  
... brings joy

# Gift Books

Rights Catalogue Spring 2018



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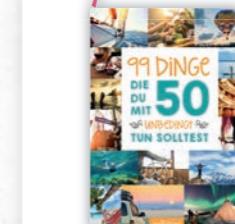


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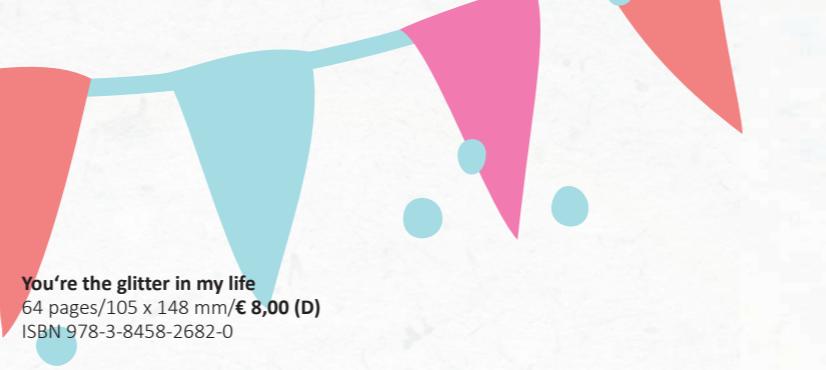


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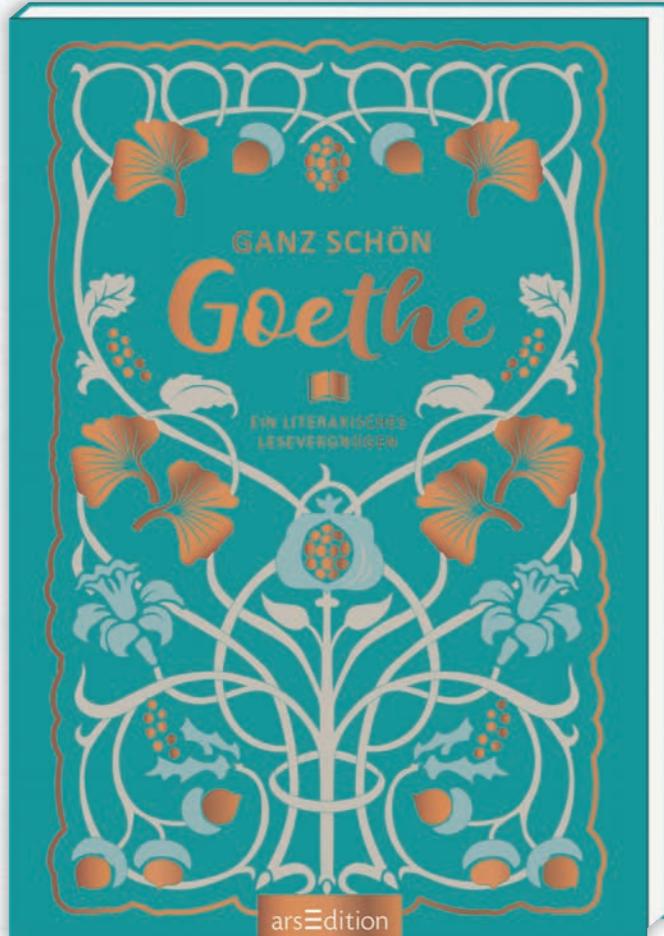
**Hygge**  
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Um sich im Hafen wohlzufühlen, muss man die rauhe See befahren haben.  
AUS SCHWEDEN

Wie oft glauben wir, dass Probleme uns vom Glücklichsein abhalten. Dabei sind sie in Wirklichkeit nur Mellersteine auf dem Weg zum Glück. Weil sie uns dazu verhelfen, wertvolle Erfahrungen zu machen, unsere Sicht auf die Dinge und die Welt zu verändern und unser Können unter Beweis zu stellen – und damit auch unser Selbstwertgefühl enorm steigern. Manchmal geht es gar nicht so sehr darum, eine Lösung zu finden, sondern darum, zu sehen, dass wir stark genug sind, mit ihnen umzugehen. Wenn es uns gelingt, in schwierigen Situationen nicht „Probleme“, sondern „Herausforderungen und Weggefährten auf Zeit“ zu sehen, finden wir wieder die Ruhe in uns selbst und können frei atmen. Damit wir uns auf das konzentrieren können, was wirklich wichtig ist: All das Gute da draußen. Denn das Glück ist wie das Meer – seine Wellen kehren immer wieder.

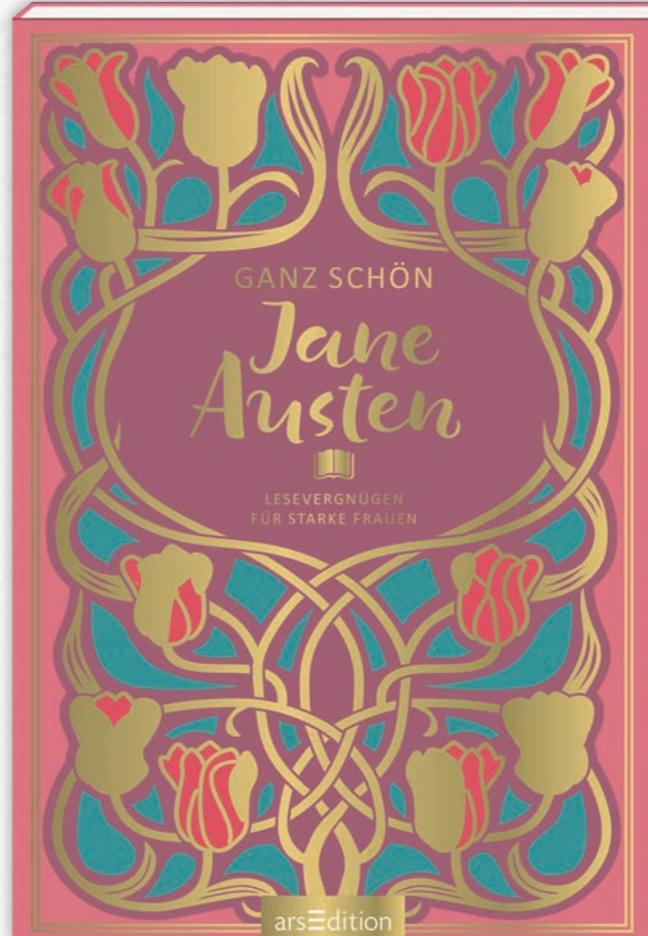


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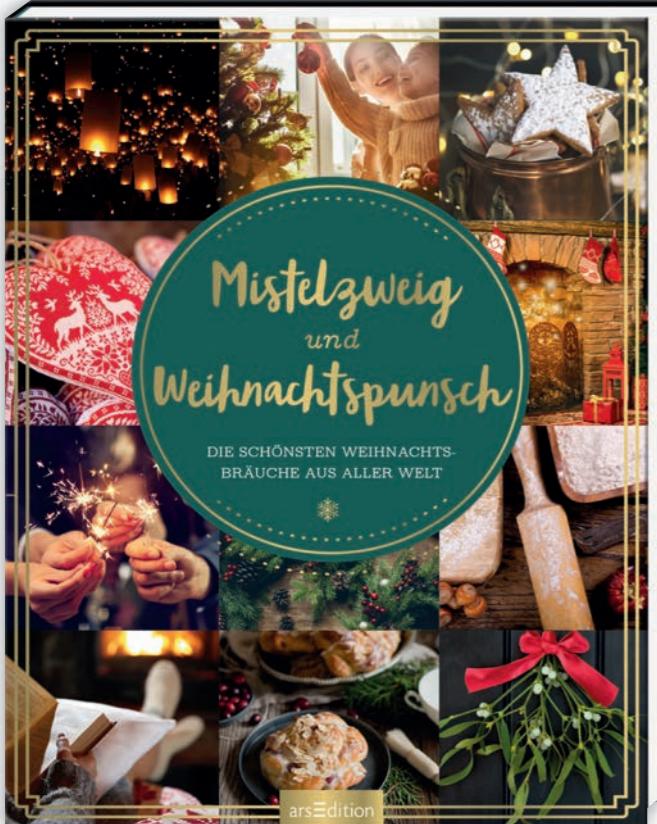
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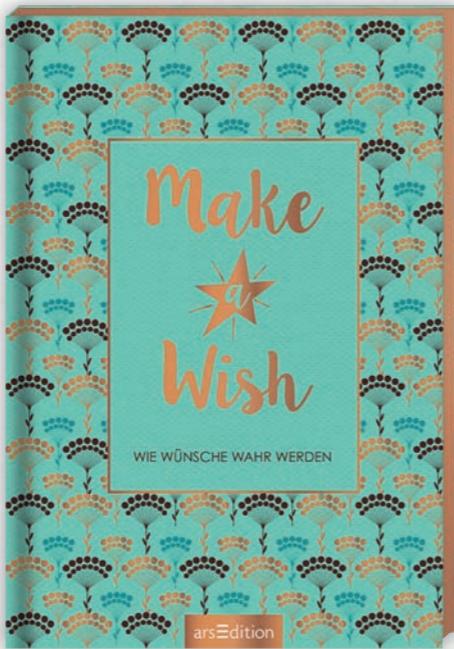


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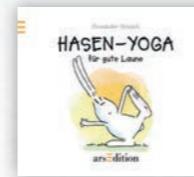
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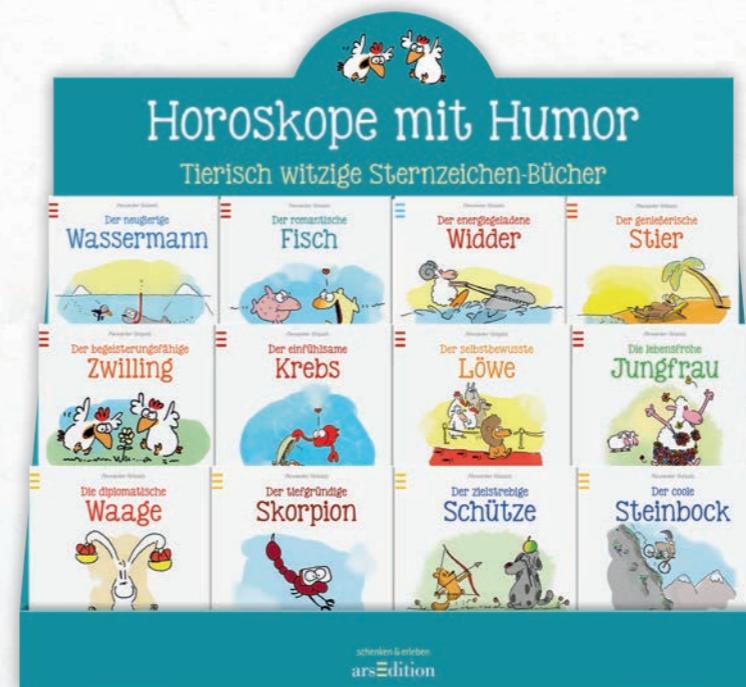
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