



Durchatmen: Schritte zu einem nachhaltigen Glauben (German Edition)

Richard Dahlstrom

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Können Sie sich noch erinnern, wie Sie atmen gelernt haben? Nein? Richtig - wir tun es automatisch. Ausatmen ... einatmen. Das ist die Voraussetzung zum Leben.

Im christlichen Leben allerdings herrscht nicht selten "geistliches Asthma" - eine Einseitigkeit, die uns erschöpft. Ausatmen ... ausatmen ... ausatmen. Wir engagieren uns, vergessen aber, die Kraft im Gebet zu holen. Einatmen ... einatmen ... einatmen. Wir beten, vergessen aber, das Gebet auch zur Tat werden zu lassen.

Richard Dahlstrom bietet atemlos gewordenen Christen eine "geistliche Atemschule": Entdecken Sie Schritte zu einer ausgewogenen Spiritualität, die Sie geistlich mit "Sauerstoff" versorgt, Ihren Glauben nachhaltig stärkt und Sie befähigt, in dieser Welt Hoffnung weiterzugeben.

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