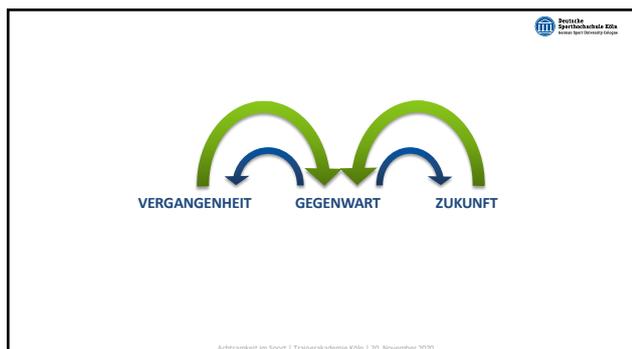




1

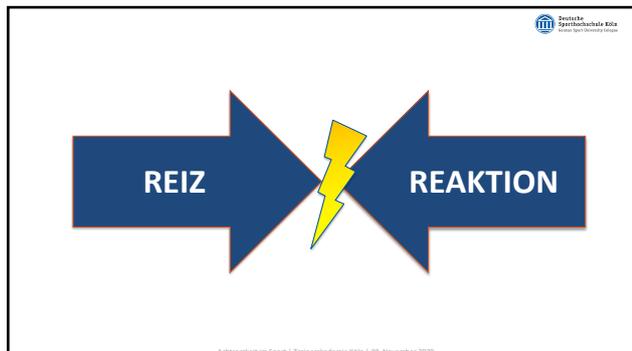


2

Paying attention in a particular way:
on purpose, in the present moment, and
non-judgmentally.

Jon Kabat-Zinn, 1994, S. 4

3

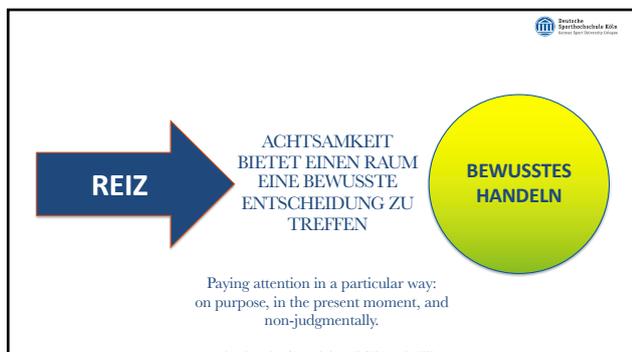


4

„Zwischen Reiz und Reaktion gibt es einen Raum. In diesem Raum haben wir die Freiheit und die Macht, unsere Reaktion zu wählen. In unserer Reaktion liegen unser Wachstum und unsere Freiheit.“

Viktor Frankl

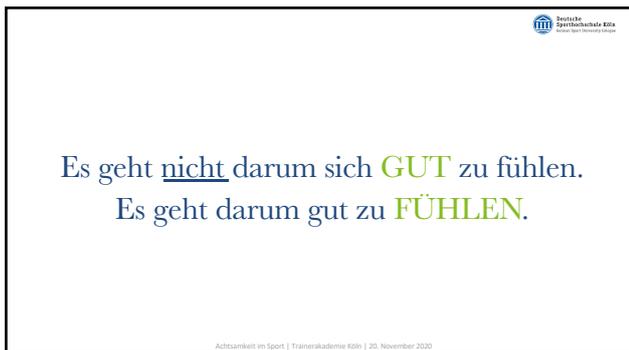
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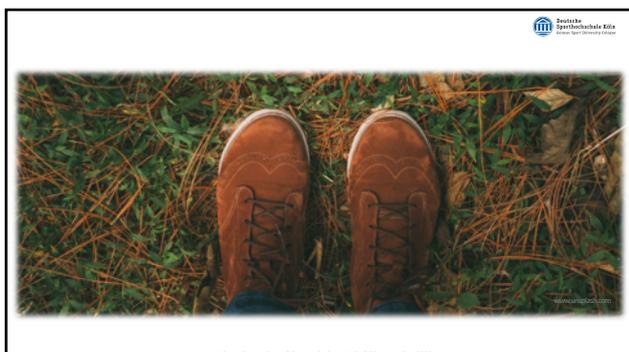
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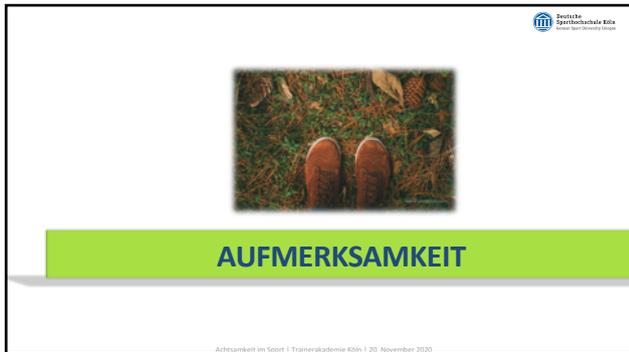
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8



9



AUFMERKSAMKEIT

10



REAKTIVITÄT

11

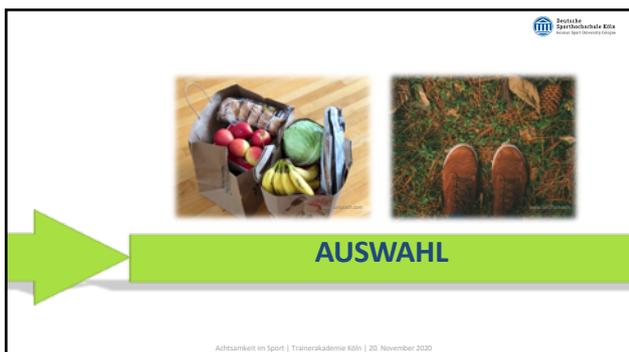


BEWUSSTSEIN

12



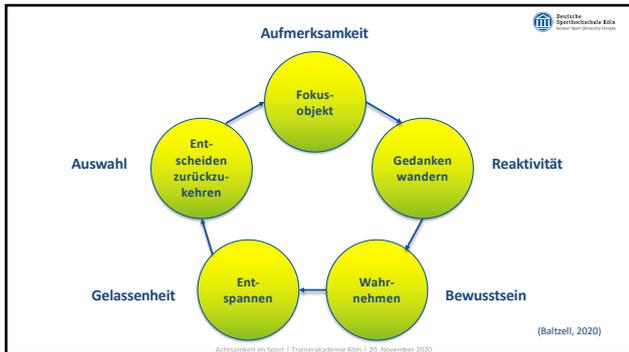
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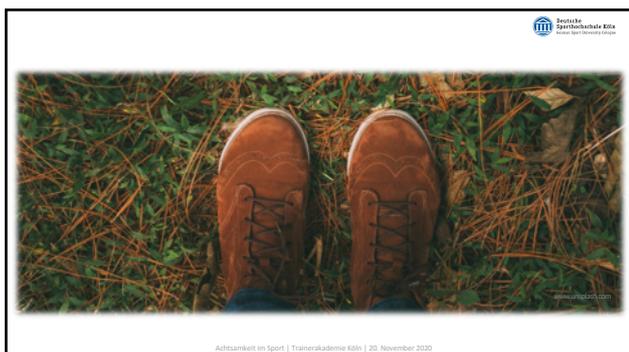
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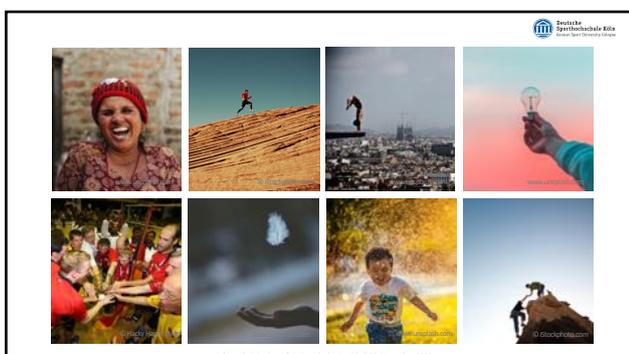
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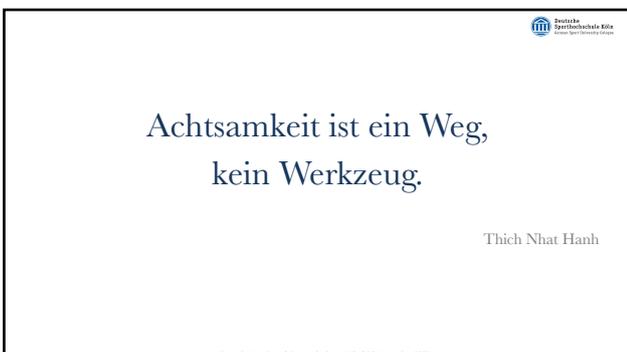
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