



Sei frei: Die Anleitung zum Leben in Freiheit und Fülle (German Edition)

Martin Grabmann

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Achtung, du hältst kein gewöhnliches Buch in deinen Händen. Es wurde für Suchende geschrieben, für jene, die noch nicht erkannt haben, wer sie eigentlich sind, aus welchem Grund sie leben, welchen Sinn ihr Dasein hat. Möglicherweise verändert es dein Denken, dein Handeln und dadurch dein Leben und die Welt um dich herum.

Die Menschen heutzutage leiden an vielen Krankheiten, Allergien und Umweltbelastungen. Doch die meisten unserer Krankheiten sind psychischer Natur und passieren durch die Trennung von Gott. Die Lösung dazu liegt im eigenen Denken und Handeln.

Martin Grabmann ist Vater von drei Kindern, verheiratet, erfolgreicher Unternehmer, leidenschaftlicher Baubiologe, Techniker und bekennender, überzeugter Katholik. Er erklärt in einfacher und teils witziger Weise die Grundlagen des christlichen Glaubens. Es ist ein theologisches Buch für die Praxis. Durch die konkreten Anleitungen wirst du erkennen, wer du wirklich bist, und Gott wird dein Leben verändern.

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