

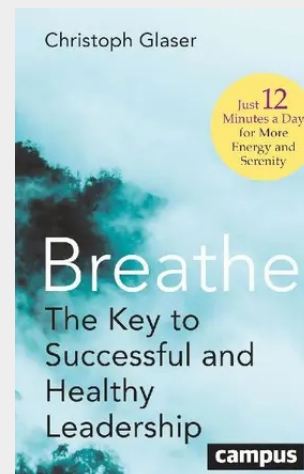
Glaser

Breathe

The Key to Successful and Healthy Leadership - Just 12 Minutes a Day for More Energy and Serenity

Christoph Glaser is currently an insider tip at top management level. The management coach and mindfulness expert teaches a method that can significantly reduce stress and increase performance - with just 12 minutes of training a day. In his book, he presents the technique of breath-based mindfulness step by step. Glaser also writes about his training sessions in 50 countries around the world, from Switzerland to Madagascar, which led him to top executives, to a prince's castle and to the world-famous teacher of meditation Sri Sri Ravi Shankar.

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