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Katharina Ceming

Thinking Helps!

Philosophical impulses for today

ISBN: 978-3-8436-0968-5

Patmos Verlag

Hardcover with reading ribbon

176 pages

Format 13 x 21,3 cm

EUR 17

- Impulses for a (even) better life
- Humorous, inspiring, wordly-wise

To think about yourself and what you are doing offers real advantages. Not only does it make you smarter, it also helps to navigate through the jungle which is called life. This book asks for all aspects of a successful life: How can we cope with changes? How can we shape our lives when security systems fail? What makes me feel satisfied? When do I feel like my life is meaningful?

This book tries to give easily readable answers in a philosophic way. Say good-bye to the idea that philosophizing is something serious. The impulses in this book make it to something creative and fun!



About the author

Katharina Ceming PhD is philosopher and theologian. The extracurricular professor lectures at the University of Augsburg, works as author and accompanies philosophical journeys.

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