



## Terapia Con Mandalas (Masters/Salud)

Ruediger Dahlke

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### Terapia Con Mandalas (Masters/Salud) Ruediger Dahlke

Through decades of therapeutic experience, Ruediger Dahlke invites us to seek the meaning of life through mandalas. The book brings to light many questions about human essence in this practical manual. Included are 166 mandalas to color to help us find our place in the world, as well as the significance of life's ups and downs that each individual experiences. Through these exercises this book brings together a series of simple rituals dedicated to learning how to concentrate on what matters."

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*Ruediger Dahlke*

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256 pages

About the Author

**Ruediger Dahlke** is a psychotherapist and the cofounder and medical director of a natural health center in Johanniskirchen, Germany. He is the author of numerous books related to psychological health in his native German that have been translated into Spanish, such as *De que enferma el mundo?*, *La enfermedad como simbolo*, *Mandalas*, *El mensaje curativo del alma*, and *Terapias efectivas contra la depresion*."

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