

## Mindfulness 2023

## Twelve suggestions for a fulfilling life

Those who live mindfully gain more from life. This is the motto of the Mindfulness Calendar 2023, designed by bestselling author Bernhard Moestl and multiple awardwinning illustrator Irene Nemeth. Every month the cuddly Shaolin monk Tien Tan helps you with a new task to focus on the essential things in life and to live more consciously and intensively.

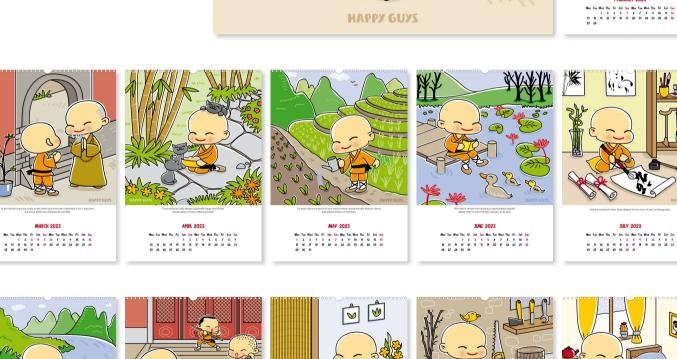
## von Irene Nemeth, illustrations,

Bernhard Moestl.text 0000000000000000 NDFULNESS 2023 UTWELVE SUGGESTIONS FOR A FULFILLING LIFE JANUARY 2023 
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