

# Mindfulness 2023

von Irene Nemeth, illustrations,  
Bernhard Moestl, text

## 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 award-winning 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.

