



Edition: 1st Edition 2024  
pages: 208  
Images: 32  
Cover: Softcover; 13,6 × 20,5 cm  
ISBN: 978-3-86867-677-8  
Stock No.: 51480  
Published: November 2023

Price 14,85 €  
Subject to changes!

#### Quintessenz Verlags-GmbH

📍 Ifenpfad 2-4  
12107 Berlin  
Germany

☎ +49 (0) 30 / 76180-5

📠 +49 (0) 30 / 76180-680

✉ [info@quintessenz.de](mailto:info@quintessenz.de)

🌐 <https://www.quintessence-publishing.com/deu/de>

## Book information

**Authors:** Michael von Kunhardt

**Title:** 105 Impulse für mehr Wohlbefinden und Motivation

#### Short text:

Motivation on Mondays – for every day, every season, and for a lifetime! The renowned mental and motivation expert and "MONtimator" Michael von Kunhardt, coach and speaker for mental strength, known from radio and TV, has selected for his new book 105 memorable contributions from hundreds of radio shows and has summarized them into practical and easy-to-apply concepts. This advice and food for thought can serve as powerful tools for living a positive and grateful life. Von Kunhardt encourages his readers and listeners to recognize their own potential and to use it with joy and determination. His motivations are like lighthouses that show a way to self-effectively shape our destiny and experience a deep sense of well-being in the process. The book is a wake-up call that encourages the reader to make the most of life's possibilities. The texts are easy to read and the concepts presented can be effortlessly integrated into everyday life. The author is an expert in his field and uses his expertise and suggestions from professional sport to explain how we can improve our quality of life. His new work is not just a book – it is a faithful companion on the way to a more fulfilling and happier life.

**Categories:** Guide Business & Career