

A person is sitting on a beach, holding a white mug. In the foreground, there is a wooden tray with a white teapot and several white cups. The background shows the ocean and a bright sky. The text is overlaid on a semi-transparent white box.

# Geheimwaffe Meditation

WARUM DU TÄGLICH MEDITIEREN SOLLTEST – UND  
WIE 11 MINUTEN DEIN LEBEN VERÄNDERN KÖNNEN