



bernard
BRUCKNER

#besimplifyme

50 shades of

AHHA!

Be Simply me.

No matter what.

Nothing else matters.

AHA!

The cOURage book for
your daily inspiration
from Bernadette

For you!

Mag.^a Bernadette Bruckner (Hrsg.)

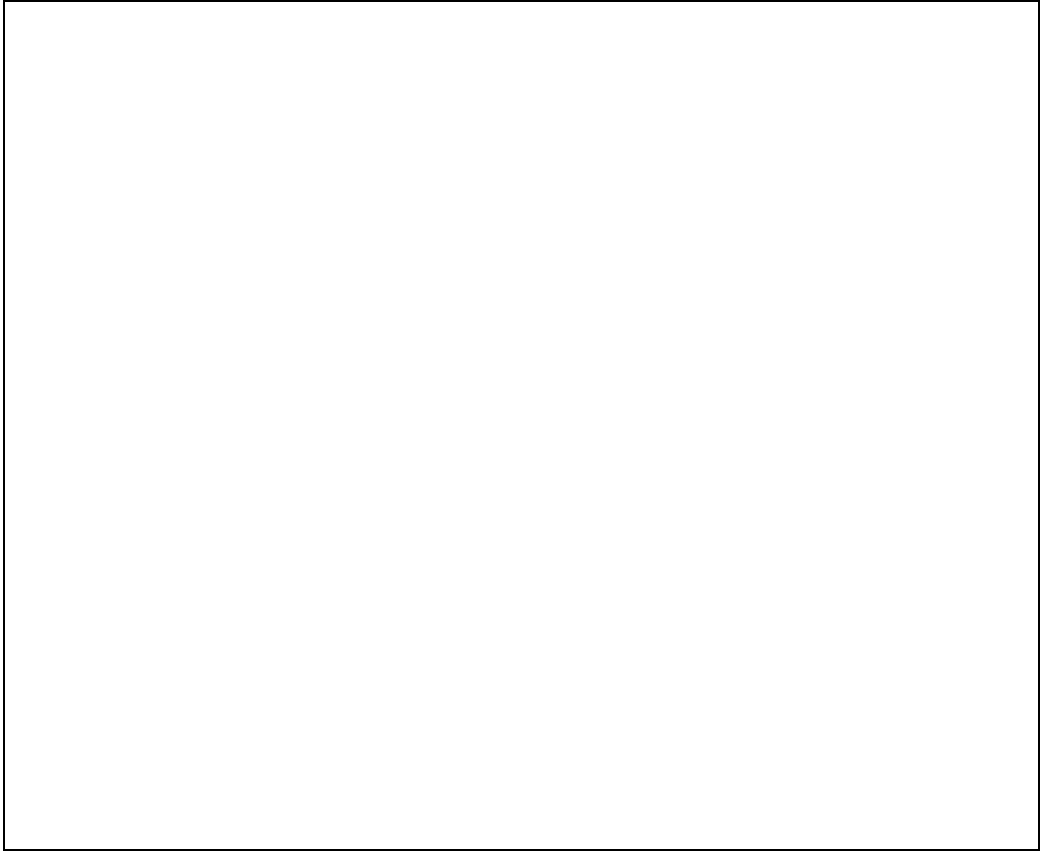
For you and your AHA-moments!

Do you really believe what you perceived today
to be true, right or real?

A large, empty rectangular box with a thin black border, intended for a person to write their response to the question above. The box is completely blank and occupies the lower two-thirds of the page.

АНА!

Who are YOU without your thoughts?



Today's AHA-Adventures!

1.

2.

3.

Again...

AHA!

What is faith for you? How does your faith
feel about something/somebody?
Where do you feel it?

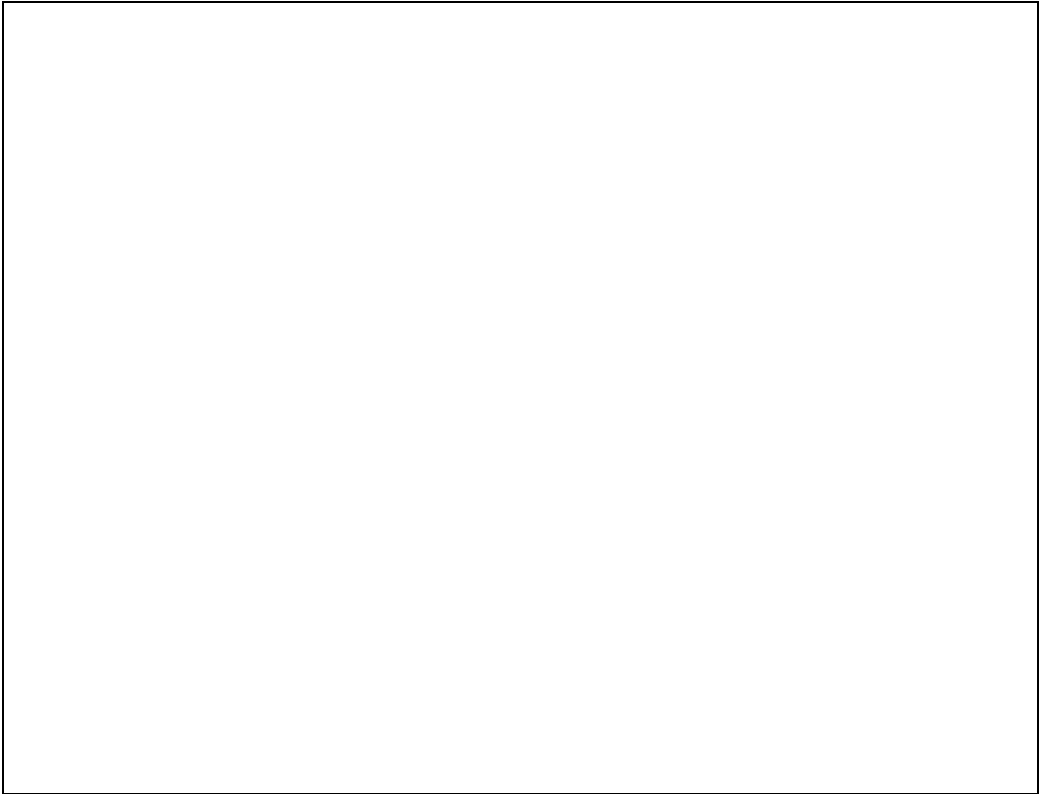
A large, empty rectangular box with a thin black border, intended for a person to write their response to the questions above. The box is currently blank.

A

H

A

What makes YOU wonder?
What makes YOU say AHA!?



!AHA

Written backwards!

Today's AHA-Adventures!

4.

.....

5.

.....

6.

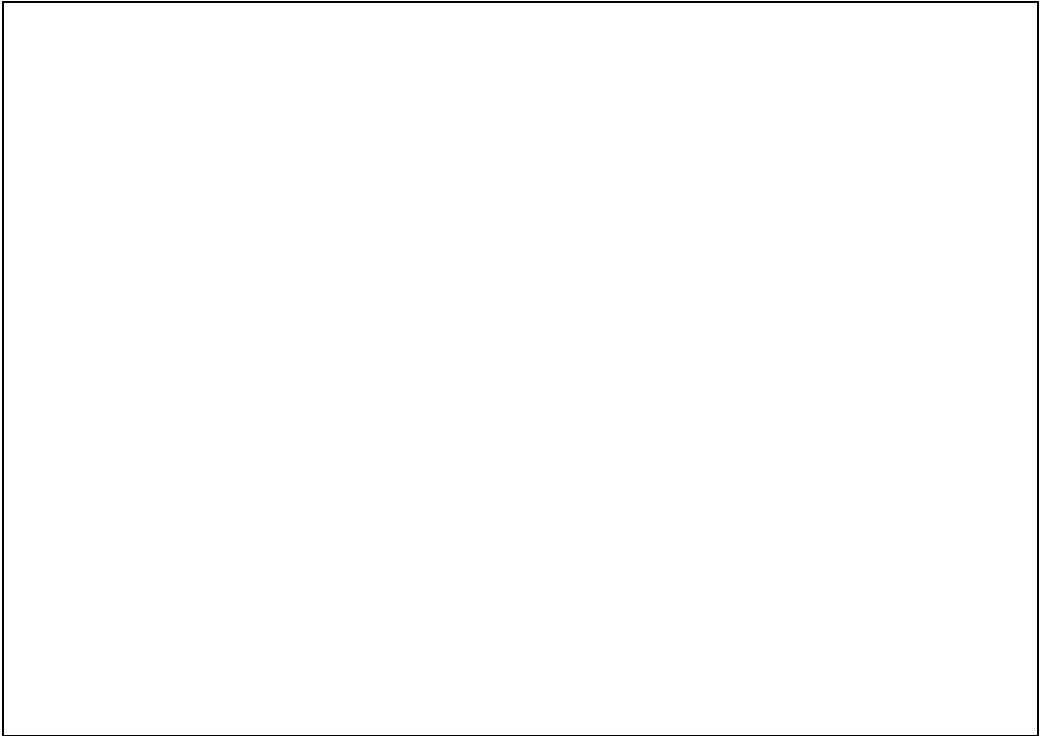
.....

A

H

A

What do you look like AFTER an
AHA-experience? Paint it on!



OOHHHHH

AHA!

What does... fear... mean to you?
What do you fEAR? What not?

A large, empty rectangular box with a thin black border, intended for a person to write their response to the questions above. The box is currently blank.

What is courage for you?
Where have you been courageous?

A large, empty rectangular box with a thin black border, intended for a person to write their answers to the questions above. The box is completely blank and occupies the lower two-thirds of the page.

Today's AHA-Adventures!

7.

.....

8.

.....

9.

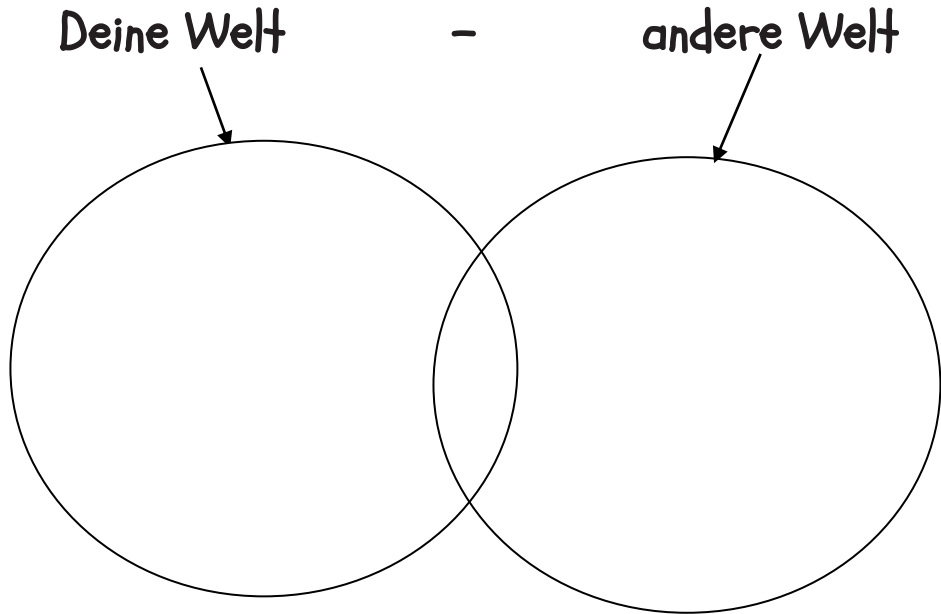
.....

What words come to your mind with this letters?

A

H

A



What makes you different?

What connects you?

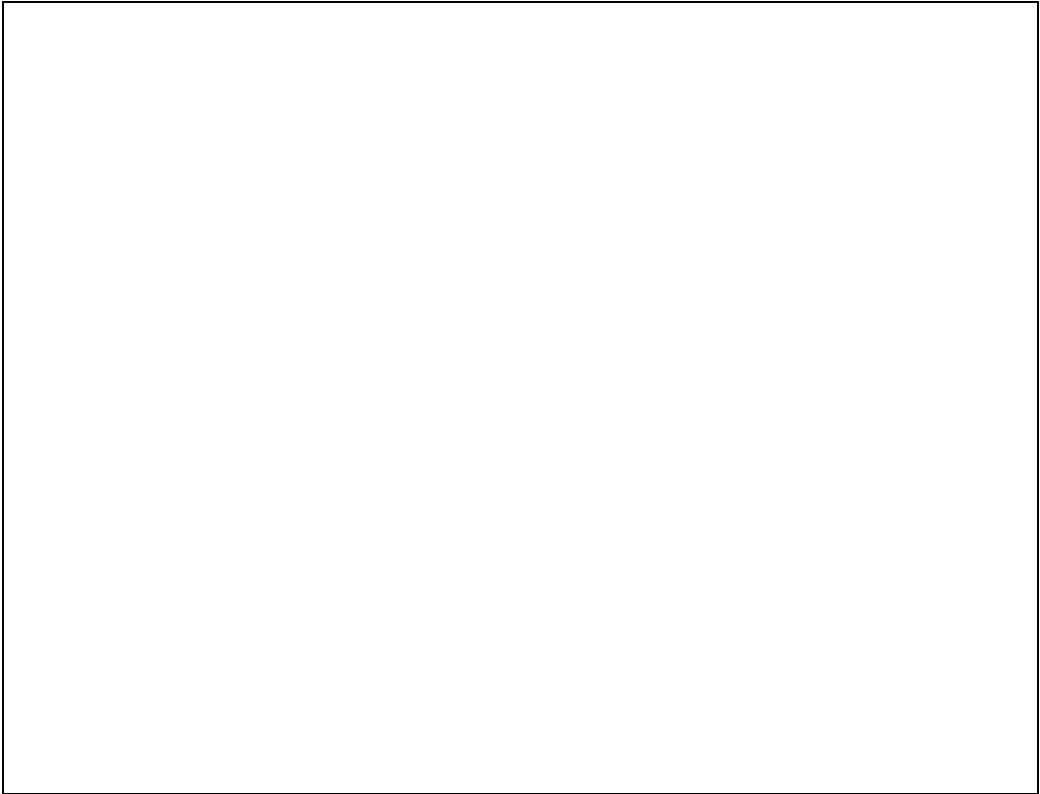
What inspires you?

!AHA

Written backwards!

YESSSS lovely!

What makes YOU wonder?
What makes YOU say AHA!?



Jjööö...

AHA!

What is faith for you? How does your faith
feel about something/somebody?
Where do you feel it?

A large, empty rectangular box with a thin black border, intended for a person to write their response to the questions above. The box is completely blank and occupies the lower two-thirds of the page.

Today's AHA-Adventures!

10.

11.

12.

AHA!

The cOURage book for
your daily inspiration
from Bernadette

For you!



Mag.a **BERNADETTE BRUCKNER**

- Holistic intuitive health manager
- Diploma nutrition trainer and sport enthusiast
- International speaker & bestseller multi-author, publisher of first aid book serie
- Founder of the nutrition work ORINATION® – n(fl)ourish soul.mind.body.
- Developer of own coaching- and therapy style „iMM® - intuitive mentoring method “ with „Coaching-to-go®“ and „4 question-method® “

Numerous training and further education courses with international top trainers, such as Richard Bandler, Robert Dilts, Roy M. Martina, Mark Anastasi and Clinton Swaine.

Internationally active as a holistic health, nutrition and energetic mental mentor with unusually innovative methods and a focus on holistic health promotion/resilience.

FH degree course "Health Management in Tourism". International PhD studies & research in health communications/linguistics with focus on psycholinguistics combined with public health and health economics. Development of an own health system for tomorrow. Nominated for the NLP Award in Research.

WEB: www.bernadettebruckner.com
www.orinition.com

Foto: peoplepictures

Imprint

Responsible for the content

Mag.a Bernadette Bruckner

Kirchenplatz 31/1

4643 Pettenbach

Phone: 0043 680 1306 752

Web: www.bernadettebruckner.com

Mail: ana@orinition.com

© 2020 Mag.a Bernadette Bruckner (publisher)

Cover design: Bernadette Bruckner

Logo design inside|out: Monika Stern, SternlosCreativ

Logo design Bruckner: Goldjungen

Let your light shine.
From inside|out.

Let your knowledge out of you.
From inside|out.

YOU are you!

Your AHA! is your AHA-moment!

AHA for MORE!

You can find more about my video series "50 shades of AHA" on youtube:

<https://bit.ly/2UPXi3B>





bernard
BRUCKNER

#besimplifyme

50 shades of

AHHA!

Be Simply me.

No matter what.

Nothing else matters.