



Iris Alheidt-Pehrishch - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrishch

Recommendation of the week:



Imprint

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<https://www.iris-alheidtpehrishch.com>

When Relationships Make You Sick – The Body as a Mirror of Our Partnership

Our partnership can provide us with support, security, and joy – but it can also bring stress, emotional strain, and even physical discomfort. What if our back pain, stomach issues, or sleep disturbances are not only linked to diet and exercise but also to our relationship?



When Love Becomes a Burden – How Your Relationship Affects Your Well-Being

I invite you to join me in the coming weeks as we explore the following questions together and discover new perspectives on your well-being:

- 1) How does our partner influence our physical well-being?
- 2) What symptoms can indicate unresolved relationship issues?
- 3) Why does the body often reflect what we don't express?
- 4) How can we recognize if our discomfort is connected to our relationship?
- 5) What can we do to bring our body and relationship into harmony?