



Umarme deine Angst und verwandle sie in positive Lebenskräfte: Ein Selbsthilfeprogramm (German Edition)

Gina Kästele

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Immer mehr Menschen bangen um ihren Arbeitsplatz, sorgen sich um ihre Ersparnisse oder befürchten auch privat negative Entwicklungen. Gina Kästele beschreibt die vielen Ursachen und Gesichter von Angst und stellt in ihrem praktischen Selbsthilfeprogramm konkrete Übungen vor, das eigene Verhalten wirksam zu verändern und Angst in positive Lebenskräfte zu verwandeln.

Aus Angst wird Kraft

Ängste überwinden und in positive Kräfte verwandeln

Viele individuelle, typbezogene Übungen

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