



Resilienz: Seelische Widerstandskräfte stärken (German Edition)

Brigitte Dorst

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Stress im Job, Angst um den kranken Partner, Streit mit den Nachbarn - Belastungen wie diese werfen manche Menschen völlig aus der Bahn. Doch wie kommt es, dass andere damit gut zurechtkommen? In der Psychologie wird in diesem Zusammenhang von Resilienz gesprochen, den psychischen Widerstandskräften. Sie befähigen uns, in belastenden Lebenssituationen seelisch im Gleichgewicht zu bleiben.

Brigitte Dorst verdeutlicht in diesem Buch, was Resilienz aus tiefenpsychologischer Sicht bedeutet und warum wir sie gerade auch in schwierigen Zeiten brauchen. Die erfahrene Jung'sche Analytikerin und Psychotherapeutin ermöglicht den Leserinnen und Lesern, mit Hilfe vieler wirksamer Übungen ihre Widerstandskräfte der Seele zu stärken.



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