



Warum Glück allein nicht glücklich macht (German Edition)

Vera Schrader

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Das Ende der Diktatur des Glücks

Eine Flut von Selbsthilfe-Ratgebern, Glücksbüchern und Motivationsseminaren versucht seit Jahren uns den einzig wahren Weg zu Glück, Liebe und Wunscherfüllung zu weisen. Doch macht sich mittlerweile ein gewisser Glücksüberdruß bemerkbar und die Schatten dieser Diktatur des Glücks werden sichtbar.

Emotionale Leere, Traurigkeit und Schuldgefühle sind nicht selten Ausdruck der Unterdrückung unserer echten Gefühle. In „Warum Glück allein nicht glücklich macht“ zeigt Vera Schrade, wie man den Weg zu einer Versöhnung mit sich selbst finden kann, die uns schrittweise zu mehr Lebendigkeit, wohltuender Zufriedenheit und einem in uns selbst verankerten, authentischen Glück führt. Sie berichtet von ehemaligen Klienten und davon, dass Unglück eine wichtige Voraussetzung für Glück ist und warum Perfektionismus der größte Glückskiller schlechthin ist. „Inspirationen“ veranschaulichen den Inhalt und helfen beim Bau des ganz persönlichen Glückstempels.

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