



Mut: Das ultimative Lebensgefühl (German Edition)

Rotraud A. Perner

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Zur Ermutigung - denn Mut kann man lernen

Wann müssen wir risikofreudig und wann dürfen wir feige sein? Was hat Wagemut mit Zivilcourage zu tun und Schermut mit dem Alter? Ist Kleinmut eine Charakterschwäche und Edelmut angeboren?

Psychoanalytikerin Rotraud A. Perner zeigt, wie wichtig Mut im Leben ist: vom Mutwillen in der Kindheit, dem Übermut in der Pubertät, bis zum Freimut, seinen eigenen Weg zu gehen, und der Demut, das Sterben als Teil des Lebens anzunehmen. Sie weiß: Mut ist keine Eigenschaft, sondern ein Prozess. Und sie weist Wege, wie wir den Mut finden, zu uns selbst zu stehen.

Mit Anleitung und Tipps zum Selbstcoaching

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