



Das Verzeihen in der Liebe: Wie Paare neue Nähe finden (German Edition)

Michael Cöllen

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Verzeihen können, die Hand zur Versöhnung reichen – entscheidende Fähigkeiten, wenn die Liebe dauern soll. Doch vielen Menschen fällt gerade dies besonders schwer.

Der bekannte Paartherapeut zeigt anhand von Fallgeschichten, wie Täter und Opfer lernen können, um Verzeihung zu bitten oder aus tiefstem Herzen zu vergeben. In fünf Stufen beschreibt er den Weg des Verzeihens und wie danach ein Neubeginn aussehen kann. Denn erst das Verzeihen und Versöhnen öffnet das Tor für die Rückkehr der Liebe und macht wirkliche Intimität und Nähe wieder möglich.

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