



Probleme waren gestern ...: ... mein Kopf ist wieder frei (German Edition)

Daria Dix

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Probleme begleiten uns durch das ganze Leben. Das ist nicht zu ändern. Zu ändern ist aber unser Umgang damit. Für den einen ist schon ein bekleckertes Tischtuch ein Problem, der Andere sagt lächelnd: "Na und, kommt in die Wäsche." Diese Einstellung kann man lernen. Und man kann lernen, wie man bedrückende Situationen wieder in den Griff bekommt. Oftmals ist es einfacher als man denkt. Die beste Medizin ist kostenlos und wurde uns mitgegeben: Das Lächeln und Lachen. Dieses Buch zeigt Wege auf.

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