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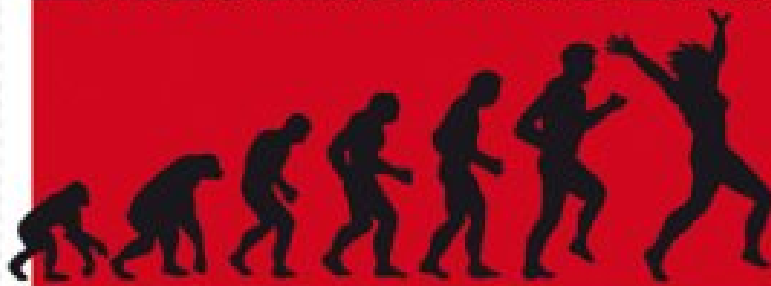


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JAMMERE NICHT, HANDLE

In 7 Schritten aus der Krise



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Statt zu jammern oder sich hinter einer Opferhaltung zu verstecken, sollten wir verstehen lernen, warum wir die Dinge bisher getan haben, wie wir sie getan haben, und erforschen, was in uns abläuft, wenn wir auf Hindernisse stoßen oder wenn etwas gut läuft. Das beständige Infragestellen der eigenen Verhaltensweisen, Denkmuster und Eigenschaften bringt uns in einen Prozess, der das Trugbild der eigenen Persönlichkeit vor Augen führt. Aber ist immer eine Krise notwendig, um das eigene Handeln zu hinterfragen? Können wir auch aus eigener Kraft eine Veränderung herbeiführen und erreichen, was wir wirklich wollen?

In sieben Gedankenexperimenten lädt Wolf Lasko seine Leser dazu ein, die eigenen Denkstrukturen neu zu sortieren und Schritt für Schritt zu einer selbstbestimmten Lebensweise zu finden.

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