



Burnout vermeiden: Neue Freiheit und Lebensenergie finden (Quadro 25) (German Edition)

Gerhard Wissler

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Ständig wird Höchstleistung von uns verlangt: im Beruf, aber auch in Familie oder Partnerschaft. Wir haben perfekt zu funktionieren. Die Folge: Immer mehr Menschen überfordern sich ständig. Bis eines Tages "nichts mehr geht". Dieses Quadro hilft, einen nahenden Zusammenbruch zu erkennen. Es erläutert, was bei einem akuten Burnout hilft und wie du in Zukunft deine Grenzen besser achten kannst.

Ideal für alle, die voller Energie sein wollen statt ihre Kräfte zu verbrennen.

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