



Jenseits des Wissens - Band II: Haut und Seele (German Edition)

Claudine Krause

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Die Autorin schildert, wie sie sich nach ihrer viermonatigen Asienreise wie eine Fremde in ihrer vertrauten Umgebung fühlt. Ihre Wunschvorstellungen vom harmonischen Leben in einer erfüllenden Partnerschaft zerplatzen wie Seifenblasen. Weit davon entfernt, Lebendigkeit und Lebensfreude zu empfinden, gerät die Autorin an ihre psychischen und physischen Grenzen. Mit professioneller Hilfe stellt sie sich schließlich ihren Ängsten. Sie dringt in die Tiefen ihres Selbst, wo die Verletzungen ihrer Vergangenheit schlummern. Dort begegnet sie ihrem verängstigten inneren Kind. Sie kommt mit Wut, Verzweiflung, Ohnmacht und Trauer in Kontakt. Mit der Aussicht, eines Tages einmal frei von Fremdbestimmung und traumatischen Altlasten zu sein, begegnet sie ihren Herausforderungen mit Zuversicht, um einmal sagen zu können: "Ab jetzt gehört mein Leben mir."

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