



Von Angst zur Lebensfreude: Ängste verlieren - neue Perspektiven gewinnen (German Edition)

Kurt Tepperwein

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Kurt Tepperweins wirkungsvolle Hilfe zur Selbsthilfe gegen die klassischen Angststörungen und die „kleinen“ Ängste.

Tepperwein stellt eine Reihe oftmals verblüffend einfacher Techniken vor, mit dem sich jeder von Angstproblemen Betroffenes das Leben zurückerobert. Zur Sprache kommen auch Phobien wie die Angst vor der Liebe, die Angst vor Nähe, Beziehungen, Trennungsschmerzen, Angst vor Sexualität, Frigidität, Impotenz usw. Angst ist nach Tepperweins Verständnis nicht etwas nur Störendes, sondern auch ein Wegweiser zum Selbst, den wir zum eigenen Wachstum nutzen können.

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