



Glück für Dummies (German Edition)

W. Doyle Gentry

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Glücklich sein - wer will das nicht? Doyle Gentry zeigt Ihnen, dass Sie es mit Positiver Psychologie auch lernen können. Ganz wichtig dafür sind das eigene Verhalten und die eigene Weltsicht. Sie erfahren wie Optimismus, Achtsamkeit und Solidarität das Glücklichein verstärken können. Ausführlich geht der Autor darauf ein, wie man glückliche Beziehungen - mit dem Partner, in der Familie und am Arbeitsplatz - gestalten kann. Anhand vieler Übungen können Sie Ihr Glücks- und Zufriedenheitsgefühl messen und stärken. Dazu kommen jede Menge Tipps, wie man glückliche Kinder erzieht, wie man die Hindernisse zum Glück aus dem Weg räumt, wie man dem Glück auf die Sprünge helfen kann und welche Gedanken das Glücklichein bestärken.

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