



# Der Schädelzerschmetterer: Mein Leben zwischen den Extremen (German Edition)

*Markus Prause*

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**Der Schädelerschütterer: Mein Leben zwischen den Extremen (German Edition)** Markus Prause

Markus Prause, geb. 1967, schreibt über sein Leben zwischen den Extremen. Erst Extremsportler, dann extrem depressiv. Er möchte seine Erlebnisse und Erfahrungen teilen und damit anderen Menschen in ähnlicher Situation Mut machen, offen mit ihrer Erkrankung umzugehen.

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