



Bergauf mit Rückenwind: Willenskraft effizient einsetzen (German Edition)

Dr. Kelly McGonigal

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Innerer Schweinehund ade

Die Überwindung des inneren Schweinehundes scheint fast immer nur mit eiserner Selbstbeherrschung erreichbar. Doch Kelly McGonigal zeigt, dass Willenskraft allein eine Frage des richtigen Energiemanagements ist. Mit der Einsicht in die inneren Mechanismen, durch ausreichend Regeneration, etwas Training und das Setzen von Prioritäten kann man lernen, das eigene Leben im Griff zu haben, ohne sich übermäßig anstrengen zu müssen.

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