



Der Stress A(E)ffekt (German Edition)

R. Böhm

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Die Kraft des Lebens nutzt ein System.

Tief in Ihnen hat sie den Drang zum Überleben verankert.

Das Überlebenssystem.

Vergessen, unmöglich. Abschalten, nicht vorgesehen.

Stress - eine Routine der Natur, zur Sicherung Ihres Seins.

So wie die Routine Ihres Herzschlags oder Ihrer Atmung.

Dieses Buch soll Sie zum Nachdenken anregen, Ihnen die Möglichkeit eröffnen, die Perspektive zu dem, was Sie als Stress zu kennen glauben, zu wechseln.

Ungewohnt anders, amüsan, provokant, nachdenklich stimmend.

Mit Kurzgeschichten über das Denken, Handeln, Wahrnehmen und die Kommunikation.

Ein Buch, das Spuren hinterlässt.

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