



Selbstmanagement: Wie persönliche Veränderungen wirklich gelingen (Dein Leben) (German Edition)

Jörg-Peter Schröder

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Es gibt so viele Ratgeber zum Thema "Lebensbewältigung" und persönliche Erfolgsstrategie - dieses Buch ist anders! Durch den professionellen Hintergrund des Autors und seine Erfahrungen mit chronisch erkrankten Patienten kommt Jörg-Peter Schröder der persönlichen Kernkompetenz auf die Spur. Ein ganz neues Hinsehen ermöglicht es, aus dem Realitätssinn ein neues kreatives Möglichkeits-Bewusstsein zu entwickeln. Im vorliegenden 9 1/2-Wochen-Praxis-Programm lernen Sie mit wissenschaftlich erprobten Instrumenten, all die Hindernisse beiseite zu räumen, die Ihrer persönlichen Weiterentwicklung im Wege stehen und erarbeiten sich mit Eigenverantwortung und Empowerment schrittweise die gewünschten Erfolge der Veränderung.

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