



Befreie dein Löwenherz (German Edition)

Andreas Herbert Auer

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Das Glück liegt in dir selbst - Andreas Herbert Auer zeigt, wie!

Auf eigenen Erfahrungen basierend schildert der Autor, dass die meisten psychischen und psychosomatischen Erkrankungen durch einen "kräftigen Schub Selbstliebe" geheilt werden können.

Praxisbeispiele wie Mobbing oder das "Hässliche-Entlein-Symptom" werden analysiert, Lösungen werden vorgeschlagen.

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