



Wie Neues gelingt: Die vier Schritte zur Veränderungskompetenz (German Edition)

Johanna Müller-Ebert

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Jede Veränderung sorgt für Verunsicherung. Häufig blockieren uns unbewusste Annahmen, z.B. die Befürchtung, nicht mehr geliebt zu werden, sobald man etwas verändert.

Dieses Buch zeigt, wie eine Veränderung erfolgreich und leicht gelingen kann.

Anhand vieler Beispiele erörtert Johanna Müller-Ebert ihr 4-Schritte-Modell: Verändern beginnt von innen - Eile mit Weile - Die Würfel sind gefallen, jetzt leg den Schaltet um - Verarbeiten, Sichern und Wurzeln schlagen.

Keine Angst vor Veränderungen

Das 4-Schritte-Modell, um Neues zu wagen

Mit vielen Übungen und Checklisten

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