



Grenzen setzen (German Edition)

Dr. August Höglinger

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Setzen Sie noch heute eine Grenze! In diesem Handbuch geht es um die Grenzen und Reviere bei Erwachsenen - im privaten und beruflichen Umgang miteinander. Es soll all jenen helfen, die sich schwer tun, Grenzen zu setzen und NEIN zu sagen. Zahlreiche Vorschläge und Übungen zur Lösung von Grenz- und Revierproblemen werden angeboten.

In 29 lebensnahen Geschichten kann sich jeder mühelos mit den behandelten Problemstellungen identifizieren.

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