



Resilienz - die Strategie der Stehauf-Menschen: Krisen meistern mit innerer Widerstandskraft (German Edition)

Monika Gruhl

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Die emotionale Stärke, die durch Krisen trägt, heißt Resilienz. Die Resilienztrainerin Monika Gruhl zeigt, wie jeder Mensch ein Stehauf-Mensch sein kann. Sie erläutert die 7 Kräfte der Resilienz und gibt konkrete Hinweise, wie Menschen sich diese aneignen können. Mit Sonderkapitel zur Überforderungsfalle und umfassenden Trainingseinheiten: damit die Resilienz zur inneren Haltung wird.

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