



Lass los!: Mein Weg zu einem befreiten Leben (German Edition)

Hanna Backhaus

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Immer wieder kommen wir an Punkte im Leben, die uns herausfordern, Dinge loszulassen. Eine notwendige berufliche Neuausrichtung, ein Umzug in eine fremde Umgebung oder Kinder, die das Haus verlassen - und damit auch die Eltern aus dem Häuschen bringen. In solchen Momenten den Blick nach vorne zu richten, ist manchmal gar nicht leicht. Mit vielen praktischen Tipps, kleinen Fragebögen und frechen Zitaten macht Hanna Backhaus Mut, in Veränderungen Chancen zu sehen und sie aktiv zu bewältigen.

Hanna Backhaus zeigt, wie Sie das Wagnis „Loslassen“ meistern können.

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