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Die sieben großen Untiefen unseres Lebens: Angenommensein, Angst, Depression, Leid, Schuld, Sterben und Tod (German Edition)

Reinhold Ruthe

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Die sieben Kernfragen unseres Lebens. Wie kann ich meine Ängste bewältigen? Warum widerfährt mir Leid? Gibt es einen Sinn für mein Leben? Das sind Fragen, die uns im Innersten erschüttern, Fragen, denen sich - früher oder später - jeder stellen muss. Einfühlsam und kompetent setzt sich der erfahrene Psychotherapeut und Seelsorger Reinhold Ruthe in diesem Ratgeber mit den sieben großen Untiefen unsres Daseins auseinander. Dabei zeigt er, wie wir diesen Herausforderungen in positiver Weise begegnen können und gibt konkrete Hilfen für ihre Bewältigung mit auf den Weg.

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