



Psychotherapie für den Alltag: Rundfunkvorträge über Seelenheilkunde (German Edition)

Viktor E. Frankl

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Wer sich öffnet für den Sinn seiner Lebenssituation mit ihren kleinen und großen Herausforderungen und Problemen, wird gesund und frei. Diese elementare Erkenntnis hat Viktor E. Frankl, ein Überlebender von Auschwitz, zur Grundlage eines neuen therapeutischen Prinzips gemacht: Heilung durch Sinnfindung. Nicht der Blick in die vielleicht schlimme, gar traumatisierende Vergangenheit macht gesund; es ist die Frage nach dem Wozu, die weiter hilft und heilt.

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