



# Lamm oder Löwe?: 30 unbequeme Wahrheiten, um endlich angstfrei zu leben (German Edition)

*Gordon Livingston*

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Verblüffend, humorvoll und immer im Klartext: der Ratgeber für den richtigen Umgang mit Ängsten und Übermut

Sicherheitsfanatiker oder Draufgänger: Wer kommt besser durchs Leben? Keiner von beiden, sagt Dr. Gordon Livingston, denn Angst und Mut haben immer zwei Seiten, eine positive und eine negative. Wie so oft im Leben geht es darum, dazwischen den richtigen Weg für sich zu finden. Angst schützt uns – aber sie darf uns nicht an der Selbstentfaltung hindern. Und wer wagt, gewinnt – aber unser Mut sollte nicht über das Ziel hinausschießen.

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