



Wege aus der Abhängigkeit: Belastende Beziehungen überwinden (German Edition)

Heinz-Peter Röhr

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Aus Angst vor Ablehnung stellen manche Menschen ihre Bedürfnisse immer wieder hintenan. Auch schaffen sie es häufig nicht, sich aus Beziehungen zu lösen, selbst dann nicht, wenn sie nur noch belastend ist. Anhand des Grimm'schen Märchens »Die Gänsemagd« beleuchtet Heinz-Peter Röhr die Hintergründe krankhafter emotionaler Abhängigkeit. Er schickt seine Leser zunächst auf eine Verstehens-Reise in die eigene Vergangenheit, bevor er mit ihnen den Weg der Heilung beschreitet. Ein einfühlsamer Ratgeber für alle, die die Regie im eigenen Leben endlich selbst übernehmen wollen.

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