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Aus Angst wird Mut: Grundlagen buddhistischer Psychologie (German Edition)

Thich Nhat Hanh

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Wie wirklich ist unsere Wirklichkeit? Wie entstehen unsere Gedanken und Gefühle, und wie können wir sie beeinflussen? Ist ein Umgang mit negativen, hemmenden Gefühlen wie Wut oder Angst möglich, der uns zu freien, mutigen Menschen werden lässt? Antworten auf diese Fragen gibt Thich Nhat Hanh in seinem grundlegenden Buch zur buddhistischen Psychologie. Er zeigt, dass letztlich wir selbst die Schöpfer unserer Lebenswirklichkeit sind.

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