



Erfolgreich "Ich" sein. Identity Coaching (German Edition)

Monique Koller

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Fachbuch aus dem Jahr 2014 im Fachbereich Psychologie - Beratung, Therapie, Note: 198/200 Punkte, , Veranstaltung: Mentaltrainer und Coach, Sprache: Deutsch, Abstract: Wer kennt das nicht? Gehetzt rennen wir unseren „to do´s“ Tag für Tag hinterher und das in absolutem Glauben, erst mit allen Häkchen auch wirklich alles erledigt zu haben. Doch nicht nur das, wir verbinden damit all dies: Besser sein. Angekommen sein. Anerkannt(er) sein. Erfolgreich(er) und glücklich(er) sein.

Doch wie viel SEIN ist bei all den „to do´s“ tatsächlich dabei? Was davon macht uns selbst tatsächlich aus und wie viel davon uns wirklich glücklich?

Es ist nicht leicht, sich Tag für Tag dem „Moment, ich muss noch...!“- Zwang entgegen zu setzen oder zumindest kritisch zu reflektieren, was davon tatsächlich noch sein „muss“, um nachts besser schlafen und sich morgens selbst im Spiegel anschauen zu können. Doch das wohl wichtigste „Moment, ich muss noch...!“ wird leider oftmals vergessen, nämlich das: „Moment, ich muss noch...ICH sein!“.

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People live in this new time of lifestyle always make an effort to and must have the spare time or they will get lot of stress from both everyday life and work. So , if we ask do people have free time, we will say absolutely without a doubt. People is human not a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read is Erfolgreich "Ich" sein. Identity Coaching (German Edition).

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