



# Kopfkram: Um die Dinge wirklich zu ändern, beginne bei dir selbst (German Edition)

*Birgit M. Bach*

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Wenn sich die Dinge in unserem Leben immer wieder anders entwickeln als wir es beabsichtigen, wird es höchste Zeit dass wir uns selbst mal hinterfragen.

Gewohnheiten, Denkweisen, Ansichten - kurzum, der ganze Kopfkram der sich im Laufe unseres Lebens angesammelt hat, ist in der Regel wenig hilfreich - häufig bewirkt er sogar das Gegenteil unserer eigentlichen Bestrebungen.

Irgendwann geben wir auf und fügen uns in unser Leben, weil es wohl irgendwie und überhaupt so sein muss.

Dieses Buch bringt dir auf verständliche, unterhaltsame Weise effektive Methoden und Techniken näher, mit deren Hilfe du dich in die Lage versetzen kannst, dein Streben nach Glück, Erfolg und Zufriedenheit in die Tat umzusetzen.

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