



Nur keine Krise: Meine 52 Mental-Tipps (German Edition)

Wolfram Pirchner

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Wie wir das Leben zu unseren Gunsten überlisten

»Solltest du in eine Situation geraten, die dir ausweglos erscheint, wenn sich dunkle Schatten auf dich und dein Dasein legen, dann lass dir gesagt sein, dass es Hilfe gibt.

Du kannst die Rahmenbedingungen deines Daseins ändern, aber nur dann, wenn du selbst zur geplanten Veränderung bereit bist. Nicht können heißt nicht wollen. Und wollen heißt machen – ins Tun kommen. Du bist die Gestalterin deines Lebens.«

Wolfram Pirchner zeigt, was ihm in persönlichen Krisen geholfen hat. Seine 52 Mental-Tipps sind konkrete Hilfe, wie wir unerfreulichen Lebenssituationen eine positive Wende geben können.

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