



30 Minuten Selbstsabotage (German Edition)

Eberhard G. Fehlau

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In der Prüfung trotz gründlicher Vorbereitung ein Blackout, im entscheidenden Gespräch genau die falschen Worte - so oder ähnlich scheitern viele immer wieder kurz vor dem Erfolg. Selbstsabotage ist nicht nur höchst ärgerlich, sie verunsichert uns auch zutiefst. "Wie konnte mir das nur passieren?", lautet dann häufig die Frage, auf die Eberhard G. Fehlau in diesem Buch Antworten gibt: Er analysiert einschlägige Situationen, sensibilisiert für mögliche, oft in der Persönlichkeit des Betroffenen liegende Ursachen und zeigt nicht zuletzt wirkungsvolle Gegenstrategien auf, die helfen, Selbstsabotage in Zukunft zu vermeiden.

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