



Wieder Land sehen: Selbsthilfe bei Depressionen (German Edition)

Christian Firus

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Wer an einer Depression erkrankt ist, leidet. Die Stimmung ist gedrückt, die Sorgen nehmen überhand, man fühlt sich den Anforderungen des Alltags nicht mehr gewachsen. So schwer eine Depression auch zu ertragen ist, die Heilungschancen sind sehr hoch.

Christian Firus beschreibt prägnant und einfühlsam, was Betroffene selbst tun können, um ihre Depression zu lindern. Seine Empfehlung: Gut für sich selbst zu sorgen und seine Bedürfnisse, Werte und Grenzen ernst zu nehmen, ist der erste und wichtigste Schritt raus aus der Depression. Zwölf wirksame Strategien leiten dazu an, das Leben wieder in die eigene Hand zu nehmen und damit die Lebensfreude zurückzugewinnen.



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Katherine Herron:

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