



Gelassenheit - Die Kunst der Seelenruhe: Ein SPIEGEL E-Book (German Edition)

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Gelassenheit ist ein erstrebenswerter Zustand, nur: Wie stellt er sich ein? Bücher lesen, Harfe spielen, auf den "inneren Körper" hören - es gibt viele Wege. Dieses E-Book berichtet, welche Methoden es gibt, um Stress, Angst und Erschöpfung zu entrinnen. Sehr unterschiedliche Experten kommen zu Wort: Der Sozialphilosoph Hartmut Rosa, der erklärt, warum er im überfrachteten modernen Alltag eine "neue Form des Totalitarismus" sieht - und was dagegen zu tun ist, Jon Kabat-Zinn, der Erfinder der westlichen Achtsamkeitslehre, die Putzfrau Anna Backhaus, die sich als Meisterin der Gelassenheit erweist oder der Facharzt für Innere Medizin und Psychotherapie Dietmar Hansch, der weiß, wann bei Erschöpfung professionelle Hilfe notwendig ist.

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