



Umgang mit Angst (German Edition)

Dr. August Höglinger

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Es gibt kein angstfreies Leben. Und das ist gut so.

Weil die Angst eine Art Warnsignal ist, sollten wir nicht daran arbeiten, sie auf Dauer loszuwerden. Aber wir können und sollten lernen, mit ihr umzugehen, sie nicht als Bedrohung oder gar als Feind anzusehen.

Wenn wir es schaffen, sie in unser Leben zu integrieren, kann sie sich zu einem hilfreichen Freund entwickeln.

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