

Gijs Jansen

DENK **WAS DU WILLST** **WAGE** **WAS DU TRÄUMST**

Die Akzeptanz- und Commitment-Therapie
für ein Leben in Freiheit und Selbstvertrauen



arbor

Denk Willst Wage Tr Umst Commitment Therapie

Gijs Jansen



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Denk was du willst wage was du träumst Gijs Jansen, 2015-07-15 **Denk, was du willst - Wage, was du träumst** Gijs Jansen, 2024-03-11

In diesem Buch zeigt der Psychologe Gijs Jansen effektive Möglichkeiten auf wie Sie sich von negativen Gedanken und belastenden Gefühlen befreien können. Lernen Sie wie Sie Ihre Gefühle anerkennen und sogar akzeptieren können. Denn Sie müssen zwar mit ihnen zusammenleben, aber Sie müssen sich nicht Ihr Leben von ihnen bestimmen lassen. Sie können der Chef in Ihrem Geist sein. Kurz und bündig und mit klaren Worten zeigt Gijs Jansen Wege in ein Leben, das Freiheit und Glück trotz Zwängen und Ängsten erlaubt. Persönliche Zufriedenheit. Denk was du willst ist ein praktischer Ratgeber für all diejenigen, die negative Denkmuster hinter sich lassen wollen und mehr persönliche Zufriedenheit im Leben suchen. Auch für Menschen, die aufgrund von Depressionen, Panikattacken oder sozialen Ängsten nur eingeschränkt am Leben teilnehmen können, ist dieses Buch ein idealer Begleiter. Die Methode ACT. Denk was du willst gibt Ihnen eine Methode an die Hand, mit deren Hilfe Sie wieder festen Boden unter den Füßen bekommen können. Es ist vor allem ein Praxisbuch mit zahlreichen Tipps und Übungen. Die meisten davon sind abgeleitet aus der Akzeptanz und Commitment Therapie ACT, die aktuell für frischen Wind im Land der Therapien sorgt. Ein innovativer Zugang, der allen von Nutzen sein wird, die schon immer das Gefühl hatten, dass ihr eigener Verstand ihnen im Weg steht.

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Denk Willst Wage Tr Umst Commitment Therapie** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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