



Herz(ens)probleme: Be-Deutung und Chance von Herz- und Kreislaufproblemen (German Edition)

Ruediger Dahlke

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Herz-Kreislaferkrankungen sind in den Industrieländern mit Abstand die häufigste Todesursache. Stress wird von den meisten als der Schuldige erkannt, aber um Abhilfe schaffen zu können, müsste man doch etwas genauer hinschauen. Ruediger Dahlke erschließt die „Sprache der Seele“ bei den Herzproblemen von Bluthochdruck und Angina pectoris bis zum Herzinfarkt und der Herzneurose. Das psychosomatische Verständnis kann dazu beitragen, Probleme von der Wurzel her anzugehen, bevor sie akut werden, und Herzpatienten einen Weg zu wirklicher Gesundheit zeigen.

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