



Angst: Ursprung und Überwindung (German Edition)

Holger Bertrand Flöttmann

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Für viele ist dieses Buch seit Jahren ein wichtiger Leitfaden. Der Autor schildert die vielen Gesichter der Angst, die tiefenpsychologischen Hintergründe und den therapeutischen Weg, der aus den Ängsten herausführt. Anhand von Fallbeispielen, Patientenäußerungen und Träumen, aber auch durch die psychoanalytische Interpretation literarischer Zeugnisse gelingt es dem Autor, die Erscheinungsformen der Angst in einen systematischen Zusammenhang zu stellen. Das Buch ist kenntnisreich und sachlich geschrieben, in seiner Sprache lebendig und konkret. Damit spricht das Werk ärztliche Psychotherapeuten, Psychologen, Sozialpädagogen, Lehrer sowie Eltern und Betroffene in kompetenter Weise an.

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