



SCHAM UND LEIDENSCHAFT (German Edition)

Dr. Victor Chu

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In unserer Scham und unserer Leidenschaft liegt das Wertvollste in uns verborgen."

Scham ist lebenswichtig. Sie schützt unseren Wesenskern. Sie ist die Hüterin unserer Würde, besonders wenn wir seelisch verwundet sind.

Scham isoliert uns aber auch, von uns selbst und von unseren Mitmenschen. Wir stehen nicht mehr richtig im Leben.

Wenn es uns gelingt, unsere Scham zu überwinden, finden wir zu unserer eigenen Mitte. Dann kann sich unsere Leidenschaft entfalten und zur Quelle unseres Lebens werden.

"Das Buch ermöglicht eine Auseinandersetzung mit den eigenen Erfahrungen von Scham und zeigt Wege zur Gewinnung gesunder Schamgrenzen, um dem Leben eine leidenschaftlichere, lebendigere Richtung zu geben." (Das Neue Buch)

"Gekonnt wie selten bearbeiten die Autoren das Thema der Beschädigung und Heilung des ‚inneren Kindes‘, ohne den gesellschaftlichen Rahmen außer acht zu lassen." (Publik-Forum)

"Eine besondere Qualität der beiden Autoren ist ihr praxisorientiertes Erfahrungswissen. Die therapeutischen Überlegungen des Buches können sicher sowohl für Laien als auch für Professionelle eine bereichernde Unterstützung sein." (Systema)

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