



Melancholie (E-Book-Only) (German Edition)

Till Bastian

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Der Melancholie Raum geben

Die Melancholie ist heimatlos geworden. Die lärmende Fröhlichkeit der Gegenwartsmenschen, die mehr und mehr neue Erlebnisse in immer kleinere Zeitabschnitte hineinzupressen suchen, lässt für Trauer und Melancholie keinen öffentlichen Raum. Wer in diesem Wettrennen nicht mithält, gilt als Spielverderber; allenfalls kann man ihm zugutehalten, »ausgebrannt« zu sein und oder an einer »Depression« zu leiden.

Aber kann man das, was als »Volkskrankheit Depression« durch die Schlagzeilen geistert und mit überaus großem Aufwand bekämpft wird, allen Ernstes als »Chance« bezeichnen?

Der klinisch tätige Arzt und Psychotherapeut Till Bastian will der Melancholie wieder zu ihrem Recht zu verhelfen, statt in ihr nur den unerwünschten Störenfried zu sehen. Vor allem soll die große Chance erkannt werden, die in ihr liegt: es gibt einen Weg von der Melancholie hin zu größerer seelischer Freiheit.

Mit 12 Abbildungen

Ein Weg von der Melancholie zu seelischer Freiheit

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