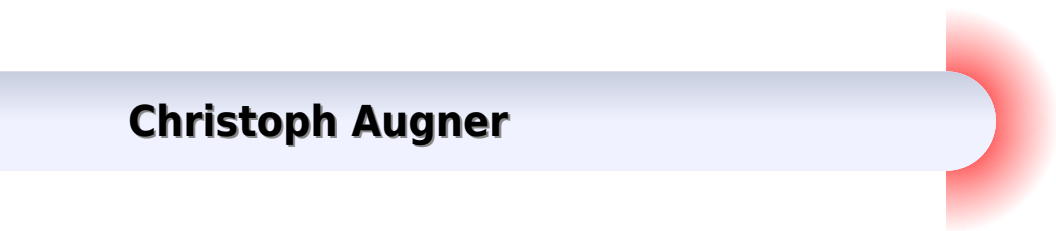


Wirkmacht Person Quantenphysik Psychotherapie Kontext

Christoph Augner



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Psychotherapie und buddhistisches Geistetraining Ulrike Anderssen-Reuster, 2013 Was die Psychotherapie vom Buddhismus lernen kann Zurzeit erleben wir die zweite Welle der Rezeption buddhistischer Lehren In der ersten Welle wurde vorrangig Achtsamkeit rezipiert und für den Westen nutzbar gemacht Nun werden grundlegende und therapeutisch wertvolle Methoden zur Entwicklung von Mitgefühl Freude Gleichmut und Liebe in die Psychotherapie integriert Renommiertere Fachleute vermitteln in diesem Band die Grundlagen der buddhistischen Psychologie aus einem wissenschaftlichen und skularen Blickwinkel jedoch zugleich mit viel Respekt vor der buddhistischen Praxis Meditation Geistesschulung und Gestaltung heilsamer Bewusstseinszustände werden in einer Fülle von praktischen Übungen aufgezeigt Daneben werden spezifische Ansätze wie die Überwindung von ungünstigen Selbstkonzeptionen und die Transformation von Schmerz und Leid durch Mitgefühl und Achtsamkeit dargestellt Dieses Buch erweitert den Horizont beträchtlich und bietet vielfältige Anregungen für die therapeutische Praxis Darüber hinaus zeigt es dem Therapeuten Auswege aus der Burnout Falle und vermittelt Haltungen und Methoden wie mit Schmerz und Leid akzeptierend und offen umgegangen werden kann Der Ozean des Mitgefühls ist unermesslich darum heißt Buddha Buddhistische Weisheit *Seele auf Sinnsuche* Christoph Augner, 2016-08-29 Mobbing Burnout und Depression bekommen epidemische Ausmaße Besorgte Bürger zünden Flüchtlingsunterkünfte an Noch nie war die Psychologie so gefordert wie heute und noch nie war sie uns so wenig Hilfe Denn Statistik ein materialistisches Menschenbild und angebliche Objektivität liefern noch keine Antworten auf die zentralen Fragen nach Sinn und einem guten Leben Der Psychologe und Hochschullehrer Christoph Augner macht sich auf die Suche nach einer Psychologie die dem Leben wieder Halt gibt Er zeigt wie viel Veränderungskraft eine Psychologie haben kann die den Mut hat ihre Seele wiederzufinden und sich den großen Themen des Lebens zu widmen **Whitehead-Handbuch** Tina Röck, Michael Schramm, 2025-08-02 Alfred North Whitehead einer der kreativsten Denker des 20. Jahrhunderts legte mit seiner Prozessphilosophie den Grundstein für eine dynamische Sicht auf Wirklichkeit und Erkenntnis Dieses Handbuch erschließt die historischen und systematischen Grundlagen seiner Philosophie die von Logik und Metaphysik über Wissenschaftstheorie bis hin zu Kultur und Erziehungsphilosophie reicht Neben einer Einführung in Leben und Werk Whiteheads werden zentrale Begriffe wie Prozess Organismus und Ereignis präzise erläutert und in philosophiegeschichtliche Kontexte eingebettet Ein besonderer Schwerpunkt liegt auf der vielfältigen Rezeption seines Denkens in Philosophie Naturwissenschaften und Theologie Das Handbuch bietet Studierenden Forschenden und Interessierten eine fundierte Grundlage um Whiteheads Ideen besser zu verstehen und in aktuelle Debatten einzubringen Kürschners deutscher Gelehrten-Kalender, 2009 Each volume includes Wissenschaftliche Zeitschriften

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