



# **Burnout - nein danke!: Soforthilfe gegen Stress und Erschöpfung (HERDER spektrum) (German Edition)**

*Sigrid Engelbrecht*

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Körper, Geist und Seele nehmen häufige Stressbelastungen eine Weile hin – doch irgendwann klappt es nicht mehr, denn Dauerstress führt unweigerlich zum Verschleiß: Dieser E-Mail-Kurs gibt konkrete Anregungen, Tipps und Soforthilfemaßnahmen, um wieder mehr Ruhe, Freude und Gelassenheit in den Alltag zu integrieren. Für alle, die nicht darauf warten wollen, dass der Energietank plötzlich leer ist. Praktisch und alltagstauglich!

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