



Die Selbstheilung aktivieren: Die Kraft des inneren Arztes (German Edition)

Delia Schreiber

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Selbstheilung klingt im ersten Moment wie medizinischer Hokusfokus. Dabei ist ganz selbstverständlich auf unsere Selbstheilungskräfte Verlass, wenn wir uns zum Beispiel auf die Zunge beißen. Nach ein paar Tagen ist nichts mehr davon zu spüren. Was bei banalen Verletzungen ganz von allein funktioniert, ist auch eine Grundvoraussetzung für den Heilungsprozess im komplexen Fall, wenn eine Diagnose den betroffenen Patienten in eine tiefe Krise stürzt. Die Orientierung geht verloren, das eigene Leben steht Kopf, negative Emotionen wie Angst, Schuld, Wut, Ohnmacht und Verzweiflung nehmen Überhand. In diesem Ratgeber zeigt die erfahrene Patienten-Coaching und Therapeutin Delia Schreiber, wie man vorsorglich oder akut die Selbstheilungskräfte gezielt ankurbelt, und sie macht klar, wo die Grenzen von Selbstheilung liegen. Kein Hokusfokus also.

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