



Positives Denken (German Edition)

Dr. Maria Langwasser

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Zahlen. Fakten. Nackte Daten. Das Weltbild des modernen Menschen scheint mehr denn je geprägt von einem nicht versiegenden Informationsfluss, der allgemein mit "Wissen" gleichgesetzt wird. In unserem elektronischen Zeitalter "wissen" wir mehr als irgendeine Generation vor uns. Gleichzeitig ist nicht zu übersehen, dass Depression, seelische Verunsicherung, kurz: eine allgemeine menschliche Lust- und Orientierungslosigkeit in unserem täglichen Verhalten immer deutlicher zu Tage tritt. Woran mag das liegen? Fehlt uns einfach die Fähigkeit, den täglichen Erkenntnissen und Ereignissen etwas Positives abzugewinnen?

"Ich habe einen Traum", sprach Martin Luther King bereits 1963. Der Glaube an einen Traum und die feste Überzeugung, ihn verwirklichen zu können - diese Eigenschaften scheinen heute vielen Menschen abhanden gekommen zu sein. Dabei lässt sich erst durch positives, optimistisches Denken die Weisheit gewinnen, unser Wissen wirklich gewinnbringend für unseren Lebensweg zu nutzen. Der positive Denker erreicht in seinen Gedanken eine dauerhaft konstruktive Grundhaltung, die ihm langfristig eine hohe Lebensqualität ermöglicht.

In diesem Werk finden Sie, liebe Leser, konkrete Vorschläge, wie Sie diese positive Grundhaltung erreichen können - und das ohne teure Kurse oder technische Hilfsmittel. Sie werden erstaunt sein, wie leicht es sein kann. Glauben Sie an sich selbst! Mit der richtigen Einstellung ist - fast - nicht unmöglich.

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