



# Ichwärts: Endlich bei mir selbst angekommen (German Edition)

*Gabriella Pahud*

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
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„Was hat das, was ich gerade mache, eigentlich mit mir zu tun?“, fragen sich viele, die sich nach Erfüllung sehnen. Beruflich, mit Blick auf Partnerschaft, Freundeskreis oder Wohnung leben viele ihr Leben so, wie es sich ergeben hat. Eigene Wünsche sind aus dem Blick geraten oder auf später vertagt worden. Entscheidungen stehen an, aber es fehlt an Klarheit. Was macht mich aus? Wohin soll ich gehen? Insbesondere an den Wendepunkten und in der Mitte des Lebens vermisst der Einzelne eine solche Klarheit. Wie jeder Mensch die entscheidende Richtung für das eigene Leben finden kann, zeigt Gabriella Pahud in diesem Ratgeber. Sie nimmt den Leser mit auf eine Entdeckungsreise zur eigenen Persönlichkeit. Was macht mich aus? Was treibt mich an? Was gibt mir Kraft? Mitreißende Geschichten und ungewöhnliche Erfahrungen machen das Buch zu einer spannenden Lektüre. Und es macht Mut, endlich lange aufgeschobene Entscheidungen zu treffen, Aufbrüche zu wagen und neues Selbstvertrauen zu schöpfen.

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