



Wenn die Welt plötzlich kopfsteht: Gefühle in der Lebensmitte (HERDER spektrum) (German Edition)

Caroline Bohn

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Die Gefühle sind im Wandel und innerlich herrscht Aufruhr. Und dabei stehen familiäre Veränderungen, berufliche Umbrüche, neue Lebensentwürfe, die Wechseljahre, das eigene Älterwerden an. Wie können Frauen mit der Sehnsucht nach Rückzug, erhöhter Empfindsamkeit, mit der neuen Unruhe, aber auch den Versprechungen eines Neuanfangs gut umgehen? - Caroline Bohn weist Leserinnen einen Weg durch die Gefühlswelt in der Lebensmitte und gibt Impulse, wie Frauen in dieser Zeit gut für sich sorgen können.

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