



30 Minuten Raus aus dem Jobfrust (German Edition)

Ronald P. Schweppe, Aljoscha Long

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Glücklich im Job? Na klar! Freude an der Arbeit ist kein Hexenwerk, sondern eine Frage der Einstellung. "Arbeit ist Stress!" ist keine unumstößliche Wahrheit, sondern ein negativer Glaubenssatz, den wir uns oft selbst einreden. Misstrauen Sie solchen inneren Monologen! Lernen Sie Ihre eigenen Bedürfnisse kennen und hören Sie auf sich selbst. Machen Sie sich unabhängig von äußeren Faktoren. So lernen Sie, Ihren Job zu lieben.

Raus aus dem Jobfrust zeigt Ihnen,

- * wie Sie auf Ihre Bedürfnisse achten,
- * wie Sie voll einsteigen statt innerlich zu kündigen,
- * wie Sie Ihren Job mit ganzem Herzen machen.

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