



Die Kraft der Pause: Wege aus dem Burn-out (German Edition)

Sepp Porta, Michael Hlatky

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Eigentlich sollte sie selbstverständlicher Teil unseres täglichen Lebens sein, und ohne Pause kann letztlich auch niemand dauerhaft gesund bleiben. Dennoch wird die Pause heute nicht selten verdrängt und bleibt im stetigen Arbeitskampf immer öfter auf der Strecke. Selbst zum Essen nehmen wir uns immer weniger Zeit. Somit hat es langer chronischer Stress immer leichter, uns zuzusetzen - mit dem Ergebnis eines Burn-outs. Folgerichtig müssen Burn-out-Therapie und Burn-out-Prävention ganz wesentlich von klug eingesetzten Pausen als Resultat einer neuen Lebensorganisation geprägt sein.

Dieses Buch zeigt nicht nur den (auch medizinischen) Wert gezielter Pausen auf, es bietet auch Hilfe, wie und wo Pausen gemacht werden können und sollten. Zahlreiche Beispiele verdeutlichen, wie Pausen im Grunde zum Leben gehören und nicht selten automatisch gesetzt werden.

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