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Thomas Printe

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Nur kein Stress bei Stress!

In einem Streit gelassen bleiben, in schwierigen Situationen den Überblick behalten, die richtigen Entscheidungen treffen und für das eigene Wohlbefinden sorgen: Nicht immer einfach, aber leicht zu lernen. Mit viel Humor und alltagstauglichen Tipps und Tricks zeigt Thomas Prünke, wie Sie private und berufliche Stressfaktoren erkennen, wirkungsvoll abbauen und sich neue Ressourcen aufbauen. Und mit Ihrem persönlichen Anti-Stress-Vertrag sorgen Sie dafür, dass Sie nie wieder ein Anti-Stress-Buch brauchen!

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