



Reisen in die Innenwelt: Systemische Arbeit mit Persönlichkeitsanteilen (German Edition)

Tom Holmes, Lauri Holmes

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Das innere Kind, der innere Kritiker, der innere Antreiber: Selten ist uns bewusst, wie stark unterschiedliche Persönlichkeitsanteile unser Leben beeinflussen. Der erfahrene Psychotherapeut Tom Holmes zeigt, wie wir sie besser verstehen und problematische Verhaltensmuster auflösen können. Die erweiterte Neuauflage dieses erfolgreichen Buches enthält über 100 Zeichnungen und illustrierte Vorlagen für die Erforschung der eigenen Innenwelt.

Innere Persönlichkeitsanteile verstehen
Entdeckungsreise in die eigene Psyche
Aktualisierte und stark erweiterte Ausgabe

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