



30 Minuten Lampenfieber (German Edition)

Detlef Bühner

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Die meisten Menschen leiden unter Lampenfieber. Das Fieber befällt sie unterschiedlich heftig, in verschiedenen Situationen und zu variierenden Zeitpunkten. Sie werden bisweilen so krank, dass sie versuchen, jedwede Art von öffentlichen Auftritten zu vermeiden.

Was kann helfen, um beschädigtes Selbstvertrauen zu kurieren und Freude an öffentlichen Auftritten zu gewinnen? Hier werden Ihnen Strategien gegen Lampenfieber aufgezeigt, die situativ optimiert wurden. Der komplette Fundus an "Hausmittelchen" gegen die Volkskrankheit stammt dabei nicht aus dem Labor, sondern ist das Ergebnis praktischer Langzeit-Erfahrungen Hunderter von Probanden! Stellen Sie sich Ihre individuelle Hausapotheke zusammen - und das Fieber lässt nach!

- * Strategien gegen Lampenfieber - situativ optimiert
- * Anwendung in beruflichen Situationen und im privaten Bereich
- * sofort anwendbare Tipps: Die "Hausapotheke" gegen Lampenfieber



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