



Verwandle Deine Angst: Ein Weg zu mehr Lebendigkeit - Spirituelle Impulse (HERDER spektrum) (German Edition)

Anselm Grün

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Ängste können wie ein hilfreiches Alarmsystem wirken. Es gibt aber auch die Angst vor der Angst, die einen einschließt wie in einem Gefängnis. Sie verhindert ein Leben in Fülle. Von solcher Angst frei zu werden ist ein wichtiges Ziel. Anselm Grün geht es um spirituelle Wege: mit seiner Angst ins Gespräch zu kommen, sein Herz aus der Enge zu befreien und neuen Mut zu schöpfen.

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