



Die gezähmte Depression: Erfülltes Leben nach der Krankheit (German Edition)

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Ein Betroffener macht Mut – Glückliches Leben nach der Depression

18 Jahre litt Holger Reiners unter schwersten Depressionen. Heute ist er geheilt, aber die Krankheit wird ihn nie ganz loslassen. Durch die intensive Beschäftigung mit dem Krankheitserleben und das eigene erfahrene Leid weiß er, dass es neben dem Schrecken der Depression, neben der Bedrückung und dem Schmerz auch irgendwann wieder ein Leben voller Elan, Glück, Zufriedenheit und Zuversicht geben kann.

Mit einem Vorwort von Prof. Dr. Ulrich Hegerl, „Kompetenznetz Depression“.

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