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*Robert Betz*

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Robert Betz macht Mut zur radikal ehrlichen Entrümpelung des eigenen Lebens. Er führt die Hemmschuhe vor Augen, in denen sich die meisten Menschen bewegen: festgefahrene Muster, Programme und Gewohnheiten wie permanente Selbstverurteilung, Hadern mit längst Vergangenem, immer perfekt sein müssen usw. Auf unvergleichbar klare und motivierende Art zeigt der Psychologe und Bestsellerautor, wie wir den Einstieg in ein neues, befreites Leben finden. Ein Buch für jeden, der den Mut hat, glücklich statt nur »normal« zu leben.

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