



Paarweise: Die Kunst einer guten Partnerschaft (German Edition)

Stephan Lermer

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Nur gemeinsam kann man glücklich sein

Eine gelingende Paarbeziehung ist der Schlüssel zu einem sinnerfüllten und glücklichen Leben – so sieht es der bekannte Psychologe Stephan Lermer. Mit seinem neuen Buch will er eine Lanze brechen für das Leben zu zweit. Kein Ding der Unmöglichkeit, wie er aus seiner jahrzehntelangen Arbeit als Paartherapeut und -berater weiß.

Wenn der Rausch des Verliebtseins abklingt, müssen die Partner in ihrer Beziehung erfüllende Einstellungen und Verhaltensmuster entwickeln und trainieren. Eine dauerhaft befriedigende Beziehung erfordert eine gemeinsame Aufgabe oder eine gemeinsame Vision. Hier können die Partner ihre Lebensenergien konstruktiv einsetzen, statt sie im Kampf gegeneinander zu vergeuden.

Lermer analysiert desaströse Beziehungen, beschreibt die Ursachen und zeigt, dass Probleme oft als Weckruf zu mehr Beziehungsqualität dienen – für eine nachhaltige und beständige Partnerschaft.

Strategien für »glückswillige« Paare

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