



30 Minuten Intro, Extro oder Zentro? (German Edition)

Sylvia Löhken

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„Der ist aber introvertiert!“ oder „Die ist ziemlich extrovertiert!“ sagen wir oft zur Beschreibung von Menschen und wir assoziieren damit bestimmte - mehr oder weniger stereotype - Eigenschaften. Was aber bedeutet es konkret für uns und unseren Umgang mit anderen, introvertiert oder extrovertiert zu sein? Und was ist zentrovertiert? Sylvia Löhken gibt wissenschaftlich fundiert und leicht verständlich auf den Punkt gebrachte Antworten auf diese Fragen. In 30 Minuten erfahren Sie, welche besonderen Stärken Intro-, Extro- und Zentrovertierte haben, und Sie finden konkrete Impulse für eine bessere Kommunikation mit sich selbst und Ihren Mitmenschen. Ein ausführlicher Selbsttest hilft Ihnen dabei, sich und Ihre eigenen Stärken besser kennenzulernen.

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