



Achtung, Energievampire!: Das Praxisbuch für den psychischen Selbstschutz (German Edition)

Dorothy Harbour

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Wirksamer Schutz vor Energievampiren

Der Klassiker von Dorothy Harbour – erstmals als eBook!

Der trostbedürftige, ständig Beleidigte – der dominante Charismatiker – der Angst- und Zweifelsäer ... Energievampire haben viele Gesichter, doch ihre zerstörerische Wirkung ist immer die gleiche: Sie untergraben das Selbstbewusstsein und rauben die Lebenskraft ihrer hilf- und ahnungslosen Opfer.

In ihrem Bestseller verrät Dorothy Harbour, wie wir uns gegen verborgene Angriffe auf unsere Lebensenergie schützen können.

Das Buch enthält

- Checklisten: Ermitteln Sie Ihre Energiebilanz und identifizieren Sie individuelle Schwachstellen!
- Übungsprogramme: So erzielen Sie eine ausgeglichene Energiebilanz!
- Praxistipps: So wappnen Sie sich gegen alltäglichen Energievampirismus!
- das Langzeitprogramm gegen Energieverlust

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