



Hineingeworfen in das Mehr des Lebens (German Edition)

Annette Steck

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Entwurzelt. Kein Halt mehr. Kein Boden mehr unter meinen Füßen.

Stattdessen Ohnmacht, verlorenes Vertrauen, Angst und Panik.

Herzrasen wird mein Begleiter.

Hilfe! Ich falle!

Wohin? Wer fängt mich auf?

In Zeiten großer persönlicher Krisen - Stress und Überforderung, Krankheit und Tod in der Familie, Schwangerschaft, Geburt und Fehlgeburt, Angst- und Panikzustände - fängt die Autorin an, Fragen an sich, das Leben und an Gott zu stellen, die Natur zu betrachten und sich ihren Erfahrungen und Gefühlen zu stellen. Dabei begegnet sie sich selbst, der Fülle des Lebens und der unendlichen Liebe Gottes.

Dieses sehr persönliche Buch soll dazu anregen, sich den eigenen Erfahrungen, Gefühlen und Fragen zu stellen, sie anzunehmen und zu verarbeiten. Die Texte können als Denkanstoß oder Meditation dienen.

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Jeffrey Nathanson:

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