

Hold Me

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Jennifer Alspach

das emotionale band zwischen partner innen stärken in einer beziehung geht es darum eigene verletzlichkeiten ebenso anzuerkennen wie die des partners der partnerin sie miteinander zu teilen und auf diese weise vertrauen zu schaffen der ansatz der emotionsfokussierten therapie eft und die Übungen in diesem arbeitsbuch unterstützen sie dabei die emotionale bindung zu ihrem partner oder ihrer partnerin zu stärken sie werden offener eingestimmter und empfänglicher füreinander mithilfe des buchs lernen sie die emotionalen reaktionen und bedürfnisse ihrer partner innen besser zu verstehen und können auch die eigenen adäquater einschätzen sie durchschauen negative interaktionen innerhalb ihrer beziehung und gestalten bewusst mehr positive momente die eine sichere bindung schaffen reflexionsübungen checklisten und beispieldialoge helfen dabei den gemeinsamen heilungsprozess lebendig zu halten und auch der spaß kommt dabei nicht zu kurz auch als bundle zusammen mit dem grundlagenwerk halt mich fest sieben gespräche über lebenslange liebe erhältlich

a unique biblical and practical approach to uncluttering our internal thoughts and feelings we all want our lives to change for the better to become the healthiest versions of ourselves in spirit soul and body yet we still struggle author trina mcneilly looking for order in her own life embarked on an inward journey to the home of her heart and soul to find healing and health from the inside out unclutter your soul is for all of us who are cluttered and overwhelmed with loss fear chronic stress unhealthy coping mechanisms crippling depression or anxiety with the holy spirit as our guide trina says we can learn to observe acknowledge the clutter own make space for a healthy

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