



Wie wir uns selbst krank machen (German Edition)

Thaia van Gaia

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Immer mehr Menschen sind psychisch angeschlagen, ausgelaugt, fühlen sich krank und kraftlos. Dies lässt zumindest in mir die Frage aufkeimen: Was ist mit unserer Gesellschaft passiert? Dass dies eindeutig eine Erscheinung der Neuzeit ist, lässt sich leicht in Erfahrung bringen. Und inzwischen weiß auch fast jeder aus eigener Erfahrung oder Erzählungen aus dem Bekanntenkreis, dass Depressionen, Burnout und andere psychische Leiden inzwischen ihren festen Platz in unserer Mitte eingenommen haben. Leider wissen die Wenigsten, woher dieser rapide Anstieg kommt und dass man etwas dagegen unternehmen kann, vorsorglich oder um sich davon zu befreien. Eigentlich liegt es auf der Hand, was uns 'krank' macht, nur können wir, oder im schlimmsten Fall, wollen wir es nicht wahrhaben.

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