



Was unsere Liebe nährt: Ermutigungen für Paare (German Edition)

Albert A. Feldkircher

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Viele Menschen sehnen sich nach einer dauerhaften Liebesbeziehung. Sie ist möglich - wenn sie genährt und lebendig gehalten wird. Denn nach der ersten Verliebtheitsphase kommt unweigerlich in jeder Partnerschaft der Alltag mit seiner Eintönigkeit, der oft zum größten Feind einer Paarbeziehung wird: Zu wenig Zeit für das gemeinsame Gespräch, zu viel Selbstverständliches anstelle von Überraschungen, zu wenig Gemeinsamkeiten, gegenseitige Unterstützung und Wertschätzung sind "Killer" für das glückliche Miteinander.

Der Lebens- und Sozialberater Albert Feldkircher zeigt in diesem Buch die zahlreichen Facetten einer Paarbeziehung auf - und kann zugleich viele Anregungen aus der Praxis anbieten, wie man sie pflegt und fruchtbar hält. Nach jedem Kapitel zum Thema Kommunikation, Nähe & Distanz, Umgang mit Krisen, Sexualität uvm. stellt er eine Frage, die der Ausgangspunkt für ein konstruktives Dialoggespräch sein kann, indem sich die Partner jeweils die eigenen Gedanken, Gefühle, Wahrnehmungen und Vorstellungen mitteilen.

Ein Partnerschafts- und Ehebuch, das aus eigenen Erfahrungen des Autors in über 40 Ehejahren entstanden ist und Erlebnissen und Erkenntnissen aus unzähligen Seminaren und Beratungsgesprächen auf den Punkt bringt.

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