



Trauern: Phasen und Chancen des psychischen Prozesses (German Edition)

Verena Kast

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Trauer ist ein natürlicher Weg der Psyche, den tödlichen Verlust einer Beziehung zu verarbeiten und zu überwinden. Verena Kast hilft Trauernden, sich im Chaos der Gefühle zurechtzufinden und zeigt ihnen eine Perspektive, wie sie den Verlust des geliebten Menschen schließlich überwinden können.

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