



Dein Körper spricht für dich: Von innen wirken, überzeugen, ausstrahlen (German Edition)

Amy Cuddy

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Ohne Worte alles sagen

Wie können wir in herausfordernden Momenten stark sein? Situationen wie Vorstellungs- und Streitgespräche oder freies Sprechen vor anderen sind oft mit großen Ängsten verbunden. Harvard-Professorin Amy Cuddy erklärt uns, wie wir auf andere wirken können, wenn wir auf uns selbst Eindruck machen. Dabei gibt sie Einblicke in die Wissenschaft der "Body-mind-Effects", die verdeutlichen, wie wir in Belastungsmomenten selbstsicher sein und unseren Körper, unsere Gedanken und Bewegungen kontrollieren können.

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