



Das Günter-Prinzip: So motivieren Sie Ihren inneren Schweinehund (Günter, der innere Schweinehund) (German Edition)

Stefan Frädrich

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Impulse für mehr Motivation, Energie und Leichtigkeit

Kennen Sie Günter? Günter ist Ihr innerer Schweinehund. Er lebt in Ihrem Kopf und bewahrt Sie vor allem, was neu, mutig oder anstrengend klingt. "Mach es so wie immer!" und "Fang lieber erst morgen an!". Günter ist der Erfolgsverhinderer vom Dienst.

Besser also, Günter bekommt ein paar Tipps, wie er Sie in Zukunft unterstützt: Wie motivieren Sie sich und andere optimal? Wie entfesseln Sie Ihre inneren Kräfte? Wie unterstützt Sie dabei Ihr eigenes Gehirn? Und wie schaffen Sie mit Leichtigkeit, was Sie sich vorgenommen haben?

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