



# Die Illusion der perfekten Kontrolle (German Edition)

*Bernd Sprenger*

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# Die Illusion der perfekten Kontrolle (German Edition)

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**Die Illusion der perfekten Kontrolle (German Edition)** Bernd Sprenger  
Alles im Griff?

Der Wunsch nach Orientierung und Kontrolle gehört zu den seelischen Grundbedürfnissen. Wer aber nur auf Kontrolle setzt, erreicht häufig das Gegenteil dessen, was er sich wünscht: Das Leben wird nicht sicherer, sondern angstbesetzter. Bernd Sprenger verfolgt diese Paradoxie an vielen Beispielen und zeigt eindrucksvoll, dass weniger Kontrolle zu mehr Sicherheit im Leben führen kann.

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