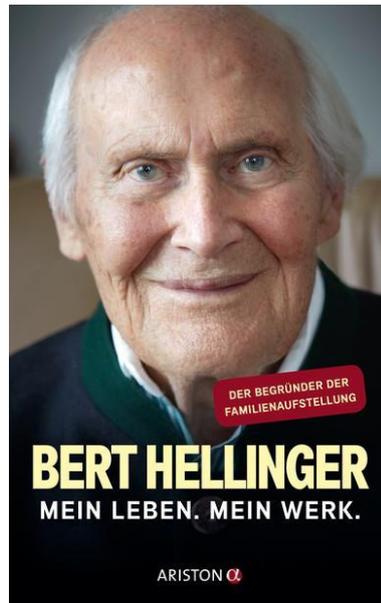# Of life, joy, and inner peace

Bert Hellinger, Hanne-Lore Heilmann
My Life, My Works
[Mein Leben. Mein Werk.]
The founder of Family Constellations

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Bert Hellinger, born in 1925, studied philosophy, theology, and education. On the way to developing his own approach he studied all the important therapeutic systems, including those of Perls, Janov, and Berne. His insights into the principles of the interrelationships by which family members are bound led him to develop systemic family therapy in the 1980s, marking the beginning of the most effective and popular therapy system of the past decades.

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Bert Hellinger is the founder of Family Constellations, considered a decisive impulse in psychotherapy and now in use worldwide. He is not only one of the most successful, but also one of the most colourful and controversial personalities of the psycho-therapy scene. What has influenced him? What experiences have led him to so intensively delve into the severe disturbances that often affect familial systems over generations?

This is his first comprehensive account of various periods of his life, including his time as a missionary in South Africa, his extensive education in psychotherapy, and the development of his Family Constellations, through which, teamed with his wife, Sophie, he is still helping people. In this book he provides a profound picture of his ideas and insights about what makes families dysfunctional and what prevents individual family members from leading fulfilled lives. His autobiography is in this sense also a guide to a joyful life and for finding inner peace in love.

• Hellinger's life story– providing insights into the fundamentals of his therapeutic work

• The classical Family Constellations – a highly effective life-help method for countless people

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