

How do I want to live?



Eva Senges
I Want to Change, But How?

[Ich will mich ändern, aber wie?]

Into a new life step by step with the inner map

Kösel Sach-/Fachbuch

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With numerous illustrations

Eva Senges, a degreed psychologist, has since 1994 been an independent psychological psychotherapist. She founded the Centre for Self-Management in Heidelberg and developed the potential analysis SELF. Since 2010 she has been an industry psychologist with a large corporation, and a training therapist at the Institute for Systemic Theory and Practice.

"Something has to change in my life." How many of us have had this thought – with increasing urgency, but without anything actually changing. For how are we to begin to change things if we don't know what exactly or how?

This book helps us recognise which form of change we need, how to define our goals, and then how to start putting this into effect. To make the path easier, the psychologist and education therapist Eva Senges has created an inner map that comprises all that is needed for a successful process for transformation.

- Self-management made easy: orientation, motivation, and application in the process of change
- With many case studies, guides for self-reflexion, and practical exercises