

If you let go, you'll have two hands free



Dr. Bärbel Wardetzki
Letting Go and Holding On

[Loslassen und dranbleiben]
How to face change boldly

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Bärbel Wardetzki, born in 1952, is a psychotherapist and supervisor who also works in further education. Much in demand as a speaker at conventions, Wardetzki is also a regular guest on TV and radio, and has written numerous bestsellers with total sales of more than 300,000 copies.
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Change and upheavals are part of life. And yet we often find it difficult to accept them. For anything that is new – be it a wedding, being given notice or a death – initially causes fear and calls on us to give up something familiar and well loved. But if you stick to what is old, you run the risk of getting bogged down in suffering and pain. If, instead, you face life with curiosity and further your own personal development, you gain confidence and can make the most of opportunities as they arise.

The experienced psychologist and bestselling author Bärbel Wardetzki shows how we can constructively deal with change and even use it to let our lives take a turn for the better.