

Deciding on a good life



Dr. med. Tatjana Reichhart
The Principle of Caring for Yourself

[Das Prinzip Selbstfürsorge]
Taking responsibility for ourselves and living relaxed and free
A roadmap for everyday life

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Dr. med. Tatjana Reichhart is a licensed physician and specialist in psychiatry and psychotherapy. After many years at the Technical University of Munich Hospital, most recently as a senior physician, she worked from 2011 as a trainer in corporations and various agencies with the focus on mental health in the workplace. Since 2015 she has been a coach in the seminar and coaching café Kitchen2Soul in Munich, which she founded.

Only those who know how to take care of themselves will be able to endure the pressures of everyday life without becoming stressed or constrained. And only those who can take care of themselves are able to care for others.

From her many years of practice, Dr. med. Tatjana Reichhart knows how we can discover what is truly of benefit to us and how we can create the space to make this happen. She offers a selection of effective strategies, from which we can choose to match those that fit well with our needs and desires. And so with this personal roadmap we can find our way towards leading a self-caring and satisfying life.

- The key to resilience and joy of life
- Many possible strategies for everyday use, which can be combined to suit individual needs
- An experienced therapist points the way to a good life.