

How to carry on when nothing is working



Holger Kuntze **Life Is Simple When You Understand Why It Is So Difficult**

[Das Leben ist einfach, wenn du verstehst, warum es so schwierig ist]

Overcoming personal crises, attaining inner freedom

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Holger Kuntze, born in 1967, has worked as a couples therapist and consultant since 2001. Following his studies in the humanities and social sciences, he trained as a psychotherapist according to the healing practitioner regulations and is today a life coach and certified coach for professional development. His therapy work is based on Acceptance and Commitment Therapy (ACT) and the latest findings of brain and consciousness research.
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There are moments in our lives when we are dissatisfied, are quarrelsome, or simply about to despair. Times when we are afraid we aren't able to cope with life.

The psychotherapist Holger Kuntze helps us overcome such existential crises. Aided by modern behaviour therapy and the latest findings in neuroscience and evolutionary research, he provides us a glimpse behind the scenes of our own emotions and thoughts. He helps us access our inner freedom and resources, which through acceptance-based strategies enable us to recognise the sometimes unreasonable demands of life and to effectively deal with them. He shows how we can disengage our reaction autopilot and become capable again of acting, and thus respond to the challenges of life with energy, composure, and confidence.

- Contemporary life help, accessible and empathetic
- Practical help for self-recognition: with many self-evaluation forms and exercises
- For readers of Russ Harris, Barbara Sher, and Stefanie Stahl