



Wenn dir das Lachen vergeht: Wie ich meine Depression überwunden habe (German Edition)

Willibert Pauels

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Gesellschaftsthema Depression

Wenn einem Karnevalisten das Lachen vergeht, ist das nicht witzig. Wenn ein erfolgreicher und bekannter Karnevalist aber seine Depression wirksam bekämpft und mit dieser Krankheit offen umgeht, kann das – bei aller Traurigkeit – zum Schreien komisch sein. Willibert Pauels erzählt von seinem Leidensweg und wie er sich daraus befreien konnte. Ein wohltuendes Buch, nicht nur für Menschen, die mit der »Eiszeit der Seele« eigene Erfahrungen gemacht haben.



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