



VERLAGSGRUPPE PATMOS

The publishing group that captures the spirit of life

PATMOS
ESCHBACH
GRÜNEWALD
THORBECKE
SCHWABEN
VER SACRUM

Verena Kast

Seeing Conflicts Differently

Discovering Your Own Life Themes

ISBN: 978-3-8436-1236-4

Patmos Verlag

Hardcover

208 pages

Format 12 x 19 cm

EUR 18.00

- How to deal with recurring conflicts
- The classic on the topic of complexes
- By bestselling author Verena Kast

“I always miss out” or “nobody likes me!” – there are conflicts that keep recurring. These complexes, which conceal our individual life themes, are connected with strong emotions. They determine our experiencing and behaviour in the here and now, even though they originate in conflicts of the past: For example, people who were constantly devalued by their father may suffer from a debilitating inferiority complex as adults.

In this classic on the topic of complexes, the renowned Jungian analyst and psychotherapist Verena Kast shows the following: When we uncover our life themes, we can more easily free ourselves of the constantly recurring conflicts and discover new, enriching aspects of life.

About the author

Verena Kast is a former Professor of Psychology at the University of Zurich, Switzerland. Today she is a lecturer and teaching analyst at the C. G. Jung Institute in Zurich, as well as a psychoanalyst in private practice. She has published numerous books on subjects including emotional psychology, principles of psychotherapy, and the interpretation of fairy tales and dreams. Her works – many of them long-sellers – have been translated into numerous languages.



Contact:

Verlagsgruppe Patmos der Schwabenverlag AG

Luisa Lehnerer, Foreign Rights Departement

t: +49 711 4406 148

f: +49 711 4406 177

lizenzen@verlagsgruppe-patmos.de

www.verlagsgruppe-patmos.de