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Heinz-Peter Röhr
The Wise Way to Handle Feelings
How to Overcome Loss of Control

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- With many exercises for more self-control and serenity

Being in control is a basic human need. This is the only way that we can feel safe. Losing control of our feelings or behaviour is unpleasant. This "happens" to some people more frequently than others, such as brooding in the form of endless thought loops or when people are plagued by unrealistic fears. We can also easily lose our temper when we are angry and annoyed, which leads to a strain on relationships. Heinz-Peter Röhr demonstrates in this practice-oriented book: An intelligent approach to feelings is more important for our happiness in life than a high IQ. He explains what the loss of control is, how it happens and the strategies to counteract it. Simple exercises make it possible to recognise the typical false reactions anchored in the brain and dissolve destructive inner patterns. This book will help readers to once again achieve more balance and serenity in their lives.

About the author

Heinz-Peter Röhr was a psychotherapist at the Fredeburg clinic for sufferers of substance abuse in Bad Fredeburg, Germany, for more than thirty years. He is the author of numerous long-selling self-help titles, and his books have been translated into numerous languages.



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