



# VERLAGSGRUPPE PATMOS

The publishing group that captures the spirit of life

**PATMOS**  
**ESCHBACH**  
**GRÜNEWALD**  
**THORBECKE**  
**SCHWABEN**  
**VER SACRUM**

Verena Kast

## **Starting Anew Time and Again**

The Creative Power of Hope and Confidence

ISBN: 978-3-8436-1280-7

Patmos Verlag

Hardcover

160 pages

Format 12 x 19 cm

EUR 15.00

- What helps in difficult times
- The successful book on the topic of hope and confidence

We live in difficult times: Climate change, right-wing terror or worldwide epidemics frighten many people. In view of the numerous threats, what can help us to not give in to panic or resign? The renowned Jungian analyst and psychotherapist Verena Kast demonstrates this through many examples: In order to cope with fear and desperation, we can develop inner counterforces. We need to focus on hope and confidence – emotions that give us the strength to overcome challenges and risk creative new beginnings time and again. This book gives us the courage to live!

### **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