



# Die Verflorenen: Risiken und Nebenwirkungen (German Edition)

*Heike Olbrich, Jörg Schmidt*

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Wie kann man zu einem entspannten Umgang mit verflossenen Partnern finden? Da frühere Liebesbeziehungen das Leben nicht nur bereichern, sondern mitunter auch heftig belasten, haben die Autoren nach Wegen gesucht, wie man mit einem Ex-Partner möglichst streßfrei umgehen kann. Sie haben dazu mit zahlreichen Frauen und Männern über ihre früheren Beziehungen gesprochen sowie Sexual-, Familien- und Paartherapeuten, Anwälte, Mediatoren und Seelsorger zum Thema befragt. Heike Olbrich und Jörg Schmidt - selbst »Mehrfach-Verflossene« - zeigen anhand ihrer Sammlung reichhaltiger Erfahrungen, wie man Stolpersteine erkennen, sich von unangenehmen Nachwirkungen befreien und zu einem souveränen Verhältnis mit Verflossenen finden kann. Ihnen ist ein ebenso informatives wie amüsantes Buch gelungen.

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