



Der einsame Mensch (German Edition)

Rotraud A. Perner

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Wir alle haben eine Biografie der Einsamkeit.

Es beginnt mit der Geburt, dann, wenn aus zweien eines wird. Und es endet mit dem Tod, dem wir alleine begegnen müssen. Die Sehnsucht nach der Zweiheit begleitet uns durchs Leben: in der Angst des Kindes vor dem Verlassenwerden, die sich später im Beziehungsverhalten fortsetzt; in der Angst vor Ausgrenzung aus sozialen Gruppen in der Schule, am Arbeitsplatz und in der Familie. Opfer und Täter erleben Einsamkeit in je eigenen Dimensionen ebenso wie Kranke und Benachteiligte. Einsame Entscheidungen machen Männer stark, sagt man, während Frauen nach Geborgenheit suchen.

Psychoanalytikerin Rotraud A. Perner hinterfragt anhand von Fallgeschichten aus ihrer Praxis und persönlichen Erlebnissen kritisch die gesellschaftlichen Zwänge, die den einsamen Menschen in unserer medial geprägten Zeit bedingen. Und sie zeigt konstruktive Wege auf, wie der einsame Mensch vom Alleinsein zum All-ein-Sein gelangen und ein neues Lebensgefühl entdecken kann.

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